

The Magic Of Manifestation

Contents

Page 2	Preface	The Magic Of Manifestation: How To Use This eBook
Page 4	Chapter 1	How Manifestation Works
Page 16	Chapter 2	Setting Your Goals: Choose What You Want & Make It Real
Page 21	Chapter 3	Visualization: The Key To Manifestation
Page 38	Chapter 4	The Importance Of Desire
Page 50	Chapter 5	How To Find Your Purpose In Life
Page 56	Chapter 6	The Power Of Belief
Page 78	Chapter 7	The Energy Of Expectancy
Page 87	Chapter 8	The Driving Force Of Action
Page 104	Chapter 9	How To Visualize Your Desired Outcomes
Page 114	Chapter 10	The Emotional Fuel Of Manifestation
Page 119	Chapter 11	Special Techniques To Supercharge Manifestation

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Preface

The Magic of Manifestation – How To Use This eBook

You may be wondering how to benefit most from this eBook.

The answer's simple. Read through the eBook in order, chapter by chapter.

Yes, it's that simple. But if you have some specific questions which you want answered now, look at the chapters indicated below.

1 Why am I successful or not in life? (Read Chapter 6)

2 How does manifestation work? (Read Chapter 1)

3 How can I decide what I really want? (See Chapters 2 and 5)

4 How can I get what I want it? (Read the whole eBook in order but focus on Chapters 4 and 6)

5 How do I visualize my goals coming true? (Chapters 3 and 9)

6 How can I overcome limiting beliefs from my past? (Read Chapter 6)

7 What action do I need to take when I'm trying to manifest anything? (Read Chapter 8)

8 Can I get results fast? (Read Chapter 11)

My advice:

Start by trying to manifest something you can believe in. The biggest single reason people fail to succeed is because of their limiting beliefs. More than anywhere else, that is where you need to pay attention.

In fact, I suggest you start by reading Chapter 6. And remember this:
“What the mind can conceive and believe, the mind can achieve.”

Everything you need to succeed is in this e book. Use it and you WILL succeed. Indeed, you cannot fail. Good luck!

Chapter 1

The key to a different future is in your hands right now.

A better future, one where you are in control of what happens to you.

A future where you get what you want with the power of manifestation and the Law of Attraction.

Just imagine what that might mean for you: better relationships, greater abundance, unlimited prosperity, an occupation that makes your heart sing with joy, fulfillment on every level of your soul, radiant health, personal power, and the knowledge that you're living your true purpose.

Does that sound too good to be true?

Fact is, those are the results of manifesting what you want.

And anyone can do it. Including you. Yes, you can manifest exactly what you want in your life – provided you know a few simple things about how manifestation works.

Over the last few years, we've all been exposed to a lot of information about manifestation.

In 2006 Rhonda Byrne published **The Secret**, a film and book which contained lots of positive stories about how people could change the world – but it was a bit short on techniques to make manifestation happen.

And that left many people puzzled about how to manifest successfully.

So I'm going to tell you the exact secrets you need to make manifestation work for you, the exact techniques that will bring you whatever you want, and I'm going to explain what's required from you to make that happen.

You see, you don't get something for nothing.

You have to put out some energy into the universe before it will respond to your desires and wishes.

And you must set your goals and objectives and be prepared to take some action to move you in their general direction. More about this later!

But I know you wouldn't be reading this unless you were dedicated to massively improving your life and making it into something that really gives you satisfaction and joy.

Of course, your manifestation goals and objectives might be more modest: perhaps all you want is to improve your financial situation somewhat, get a better job, or have a better relationship with your partner and children.

Well, so be it. There is no universal law which says you have to use manifestation to become a Mother Theresa, a Bill Gates, a Richard Branson, a Nelson Mandela, a Hilary Clinton, or an Angela Merkel.

And indeed, most of us probably wouldn't want to do that even if it were possible.

So it really doesn't matter what the scale of your objectives may be.

Large or small, life changing or life enhancing, you can achieve whatever you want with the power of manifestation.

And I am going to show you how.

That said, let's start by exploring the concepts of manifestation and understanding exactly what the Law of Attraction means for each and every one of us.

In each chapter of this program, there'll be more information on how manifestation works. So if you want more information on the ideas behind manifestation than I'm presenting here, just be patient and read on. The mechanism of manifestation will unfold chapter by chapter.

We start with the principles behind manifestation.

Some of you might be happy to rely on your own faith and belief that manifestation is a reality, and simply want to know how to make things happen!

If that's you, and you want to get cracking right now, go right ahead to Chapter 2, which is all about setting the goals and objectives that you want to manifest in your life.

And if you're still with us, read on for a little bit of the theory behind manifestation.

How Manifestation Works

There's nothing new about the concept of using the power of your mind to create reality.

Napoleon Hill was writing about manifestation as far back as 1937 – you may have heard of his famous book, ***Think and Grow Rich***. But there's plenty of evidence that civilizations knew about the power of the human mind to create reality for many generations before that.

The difference is that in the past this knowledge was always kept secret by shamans, medicine men, wise women, priests and witch doctors.

No wonder, when you think about it, because manifestation has the power to change lives beyond recognition.

And it's right that nowadays this information is available to each and every one of us.

Of course, in the past, "experts" in creating reality – what we would now call manifestation – didn't really know how it works, and they tended to end up attributing the appearance of what they wanted in their lives either to prayer or to the intervention of God.

Nowadays we know a lot more about how the universe works, so we can make some suggestions about the nature of manifestation.

For example, atomic science has shown us that all matter is simply energy. It's a paradox that things which appear solid are, when you get down to the atomic level, just a form of pure energy.

That's because atoms can take the form of solid particles or energy. And it's the interchange of energy and matter which could be at the root of our ability to manifest things in our world.

The term *manifestation* simply means to create reality or to bring something into being.

People talk about manifestation in different ways, but what it really means is the act of creating or acquiring things, or changing the world around you, with the power of your mind.

So you might want to manifest physical objects like a new car or a new house.

You might want to manifest greater prosperity or better health, or abundant joy. Or perhaps you want to manifest a loving relationship or some great vision you have....

A lot of people like to talk about the concept of "co-creation". This recognizes the fact that you don't manifest anything alone. Somehow, somewhere, the universe is involved in co-creating your reality with you.

For those of a religious nature, the universe probably means God. Co-creation probably means prayer. For other people, the universe can mean things like cosmic consciousness or universal intelligence, or the universal mind or infinite intelligence.

Other people talk about The Great Mystery or The Oneness.

In a way it doesn't matter what framework of beliefs you put onto manifestation because all of these ideas are fundamentally the same: *they recognize that our minds can communicate with something bigger than ourselves.*

In short, we can communicate in some way with the universe beyond our minds and bodies - and by doing so we can impel the universe to change the reality around us.

Thoughts are some kind of energy, an energy which can go out into the universe and connect in some way with universal intelligence (or whatever term you want to use to refer to the power bigger than us), and influence it so that something changes in our lives.

And if everything is known to the universal intelligence – or God – then it follows that if you communicate with it in the right way, asking, let's say, for greater prosperity, then the universal intelligence already knows exactly how to manifest that for you.

We'll come back to this point later, because it's very important, but the essence of manifestation is that you don't need to know how something is going to appear in your life.

All you need to know is what you want – NOT how to get it.

When Manifestation Fails: Limiting Beliefs

Of course many people fail to manifest anything. Although you may find that hard to hear, it's an obvious fact.

If manifestation was simple, people would be a lot happier, a lot less stressed, in better relationships, earning a lot more money, and living more joyous lives.

So it's very interesting to look at the reasons why people fail to manifest successfully.

Some people simply don't know what they want, or they keep changing their minds. Other people start enthusiastically with some clear objective in mind, but then get distracted by the demands of everyday life and can't sustain the level of energy needed to create change in their lives.

Others don't have sufficient desire for change. They are half-hearted about what they want.

Some can't be bothered to consistently use the techniques that will create a different life.

But more than anything else, people hold limiting beliefs about themselves which stop them moving from where they are to somewhere better.

We will look at all these issues as we go through the techniques of manifestation, including how you can free yourself of limitations and make it possible to manifest absolutely anything – at least, *anything you can believe in*.

As Napoleon Hill said, “What the mind can conceive and believe, the mind can achieve.” How very true.

The Law of Attraction, by the way, is what people think of as the controlling principle of manifestation.

The simplest way to explain the Law Of Attraction is this:

Like attracts like.

I think we all know that instinctively. There are many sayings in our everyday lives that sum up that principle: “Misery loves company.” “Birds of a feather flock together.” “Like attracts like.” And so on.

That's no surprise – you don't have to be any kind of nuclear scientist to understand why like attracts like.

If you're sending out negative energy, you won't attract somebody who is really positive by nature. If you send out negative energy, you'll attract negative people to yourself.

But if you surround yourself with positive people you will always feel yourself infused with positive energy and inspiration.

However, the Law of Attraction works more subtly than you might think.

When you set an objective, and you focus your mind on that objective in the way we're going to discuss in a moment, you start to send out energy into the universe at a particular frequency of vibration, a certain energetic level.

And, provided you're sending out the right level of energy, that's what you will attract back to you in physical form.

Have you ever wondered why people in abusive relationships seem to step from one disastrous encounter to another?

It's because the energy they're sending out is attracting people on the same level of energy back to them.

To change this dynamic, they need to change the beliefs they hold about themselves – which almost certainly reflect a low sense of self-esteem or self-worth – so that they radiate a higher, a more positive, form of energy.

And then, almost miraculously, the kind of people who start entering their lives will change for the better.

Equally, you may know people whose financial situation is disastrous, and no matter what they do to change it, no matter how intelligent they are, no matter how competent and skilled in life, they lurch from one financial crisis to the next.

Again, this is because the beliefs they hold about themselves are expressed at a certain energetic level, and the Law of Attraction means that the universe has no option in the matter but to reflect that energy back to them by recreating similar situations over and over again.

Now, you don't need to know any more about the Law Of Attraction than those few sentences to be able to manifest whatever you want successfully.

But it's true you may have to do some things – starting by looking at and change some of the limiting beliefs which hold you back from achieving success and manifesting things successfully.

Over the years I've been studying manifestation, I have come to understand the single most important thing causing people to fail at manifestation is that they have limiting beliefs about what they can achieve.

I mean, it stands to reason, doesn't it?

Take money – probably the most common reason why people start using the Law Of Attraction.

Almost every one of us would say we want more money.

So how come 99% of people in the world remain dissatisfied with how much money they are making?

Why is it so many people find it so difficult to manifest abundance?

Over and over again I have heard people set financial goals and objectives and then try to manifest them.

Quite often I hear people say things like “I'm going to have \$1 million in my bank account by the end of next year.”

Unfortunately, no matter how hard they try, nothing much changes.

The reason for this is simple: when you start asking them about the beliefs they hold about themselves, you find out pretty quickly they have a very clear mental picture of exactly what they believe they are worth in financial terms.

And most people don't believe they're worth anything like \$1 million.

That's why they can't create it. They hold limiting beliefs about their earning ability.

Now, you might say, if the Law of Attraction really worked, then people could create as much wealth and abundance as they wanted, regardless of the beliefs they hold about themselves.

And in fact, a lot of people who have written about the Law Of Attraction have implied that's true.

It's not.

The reality is this: the Law of Attraction is a universal law - which means that it operates all times and in all places. And what it says is, to put it simply, "like attracts like".

If your belief about your earning capacity is that you're worth \$50,000 a year, you simply won't be able to manifest \$1 million in a year's time. That's the Law of Attraction for you.

You have to believe that what you're trying to manifest is achievable for you.

That's why we spend quite a bit of time in this program looking at the ways in which you can change your limiting beliefs.

Do you think Bill Gates or Richard Branson, or the founders of Google, Larry Page and Sergey Brin, ever doubted their earning capacity? These are some of the richest men in the world. Do you think they ever believed that their worth was around \$50,000 a year?

No, of course not. The idea is ridiculous. We don't know exactly what they believed about themselves, but it's highly likely there weren't any limitations holding them back from achieving their full potential.

So in the course of this program we'll look at how you can dig out and change the limiting beliefs you hold about yourself. Then you can manifest anything you truly want.

But there is one step you have to go through before any of that: deciding what it is you want.

This is what people have called goalsetting, setting an objective, or visualizing an outcome.

Goal Setting

Of course this is the first step in any manifestation.

How can you ever get anywhere if you don't know where you're going?

So first, we're going to look at how you can decide what you want.

Desire

Next comes an examination of your desire for change: why do you want something? And just how badly do you want it?

Do you want it badly enough to make it manifest in your life?

In case your desire is a bit, shall we say, *lukewarm*, we're going to look at how to increase the level of your desire so that you really can get what you want easily, quickly, and effectively.

Belief

Then we're going to look at the beliefs which might be stopping you getting it.

And then, most importantly, we'll examine how to change them so you really can get what you want.

Expectancy

And then we look at expectancy. You have to expect these things will appear in your life.

And expectancy is different to belief, as we'll see in due course.

Visualization

As you may already know, the way you connect with the universe to tell it what you want is through visualization. This is the foundation of all manifestation.

What it means is this: you visualize your goal – that is, you form a clear image of it in your mind – every day for a few minutes. And you focus

exclusively on that goal, imagining it in every detail as though it was already present in your life.

And as you do that, you want to generate a lot of feeling, of emotional energy, which will propel your desires out towards the universal intelligence.

Get the process right and you'll be amazed at what happens.

Get the process wrong and, well, you'll join all the other people who read **The Secret** and never manifested anything!

Fortunately, all the questions you never even knew you needed answering are answered in our chapter on visualization.... Making sure you stand the maximum chance of getting exactly what you want, easily, quickly and effectively.

Energy

I already said manifestation requires energy from you. Indeed, the energy you put out into the universe is what drives manifestation.

And you can supply energy in several ways – you've heard, quite probably, of the importance of joy and gratitude, of anticipation and excitement, in manifesting a different reality.

All of that is true, but there are other ways to energize the process, and we'll look at those as well.

In fact there are some incredible shortcuts which make manifestation almost inevitable and almost instant – in fact, some of the techniques I'm going to show you seem almost miraculous in their ability to create a different reality.

Action

Let's not overlook the need for action, though.

Somehow, the universe seems to respond more readily to manifestation if you take action. I don't think the universe is really looking for proof

that you're serious about what you want to have in your life (although, for all I know, it might be!)

Rather, I think taking action is more of an affirmation for you (not the universe) about the seriousness with which you hold your intention to change your life for the better.

But regardless of exactly what's going on, action is necessary.

You've probably heard some people say "massive action" is what will get you your desires. Other people say "No, you only have to take baby steps toward your objective."

How on earth can things be so confusing? If manifestation is a simple process, how can people hold such different views?

The answer may be *that what you believe to be true about the process of manifestation will control how it works for you.*

Believe you need to take massive action? Then it's true. Believe you need to take baby steps? Then it's true.

Anyway, we'll look at this in much more detail later on.

And, if you're ready to begin, let's start right here, right now.

What is it you want to have happen in your life right now – and in the future?

What do you want to manifest so much you can almost taste your desire for it?

Shall we find out?

Read on.

Chapter 2

Setting Your Goals – Choosing What You Want

Your first step is to decide you want to change in your life – in other words, to decide what you want to manifest.

This is the time to set a goal (which some people call an objective or a desired outcome).

First, though, think about cause and effect.

The *cause* of any change in your life is the decision that you take to manifest something.

In other words, you must first have an intention to manifest a goal or outcome.

Your clear and definite intention to achieve a goal - to change something in your life - is the primary cause of all manifestation.

To emphasize what I just said: when you want to achieve a goal, the most crucial step is your decision that you are going to manifest it.

You could sum this up very simply by saying: **intention is everything.**

That's because what you intend to make happen will control and direct everything that follows.

To manifest successfully, you must fully embrace your decision to take action right now. You also need to honor your intention to change things in your life – which means committing to do whatever it takes to make those changes manifest.

It doesn't matter at this stage if you don't know how it's going to happen.

In other words, if you want a relationship, then you must make a clear decision right now that you're going to get one.

If you decide that you want to get married and have a family, then you must make a firm intention to do just that.

And if you decide that you want more money, then you must decide right now that that's what you're going to get.

A lot of people set a goal and immediately get caught up in endless rumination and reflection about whether or not it's possible. In fact you can waste months – or a lifetime – doing this. But the only thing that you're really doing is creating delay, and when you create delay, you miss opportunities which can give you what you want.

So you don't have to spend any time just now trying to figure out whether or not you can do this. When you start looking at the section of this e-book on **belief**, you'll very quickly find ways to overcome any doubts.

In fact, you'll discover ways to adjust your goals and objectives so that they are easily achievable.

The crucial thing at this stage is to have a firm commitment to your desired outcome, to your goal. That is your intention.

You'll know how committed you are to achieving your outcome from the way you feel about it. Truth is, when you think about your goal for even a few minutes, you'll know if it's realistic.

For example, if it's not realistic for you, at this point in your life, you'll probably find yourself thinking or talking about your goal in a way which makes clear your lack of intention and commitment.

This kind of thing: "Well, I'm going to just try this and see what happens. Hopefully it will be OK and I'll get what I want."

Do you think that's the language of somebody who's made a clear decision and is committed to achieving their goal? No, of course it's not.

You see, if your consciousness is divided against itself, with a part of you wanting something and another part of you feeling you can't get it, that

goal or outcome will probably not appear in your life. At least part of the energy that you could be directing to a particular outcome is being wasted on doubt and uncertainty.

Or rather, it's going straight out into the universe. And the universe will know that you're doubtful about achieving success. That's unhelpful, to say the least.

For the universe to respond to what you want, to manifest your desired outcome, you need to make a clear committed decision with all your energy directed towards a specific outcome.

So let me ask you now: are you prepared to spend 10 or 15 minutes twice a day visualizing your desired outcome?

You are? Good. That's the basis of manifestation.

Asking vs Expecting

One of the things it's really important to understand here is that you're not *asking* the universe for what you want.

You're *telling* the universe what you want – declaring your intentions clearly and firmly: “Here is my desire. Make it happen.”

When the Bible speaks of prayer, there's a famous passage which states “ask and you shall receive”.

People think this means “Can I have something, please?”

And that's the basis of many people's prayer – but what they don't understand is that this kind of asking is asking in the *hope* that you will receive.

Instead, you should be asking *with certainty* that you will receive. That is what we mean by faith.

In short, there's no need to beg or plead. In fact, begging or pleading won't work.

Making Manifestation More Certain

There are some things that you can do to make the achievement of your goal more likely. You can, for example, have an intention that your goal will manifest in the way that is best for all concerned.

The universe responds well to this injunction.

Goals that are set with a desired intention of manifesting “for the good of all concerned” tend to manifest in a positive way.

Goals that are created and sent out into the universe without that injunction can sometimes manifest in a way that appears to give you what you want but ultimately doesn't help you.

This is an aspect of manifestation which people sometimes interpret as the universe “teaching you what you need to know” before you get what you really want.

I don't see it that way. My belief is that unless you specify that your outcome is for the highest good of all concerned you can become part of somebody else's plan.... And *that* may require a different outcome to *your* plan. An outcome that doesn't help you.

So, when I set out to achieve a goal I first set an intention to achieve whatever I want, and then I add, “and may whatever happens be for the greatest good of all concerned.”

What You Have To Do To Manifest Anything

When you're setting a goal, you have to send it out into the universe with enough energy behind it to make the universe respond to your intention.

That energy comes from your intense desire to achieve your intention, the firm and unshakeable belief you hold about acquiring your goal, and the total expectation that you will get what you ask for.

I'll show you how each of those factors plays into achieving your outcome in the next sections of this e-book.

But now, you're probably wondering exactly what you have to do on a day-to-day basis to communicate your intention to the universe so that you can get your desired outcome in your life.

The answer is that you visualize your desired outcome.

We'll look at what this really means in the next chapter.

Chapter 3

Visualization – The Key To Manifestation

You probably already know what it means to visualize something. It's basically a way of seeing a picture in your mind, a picture of what you want to manifest.

To be more exact, visualization is any technique which creates mental imagery, either with your eyes open or closed. As you create that visual imagery, you can change, modify or develop those images, and you can explore and expand the feelings or emotions associated with them.

Some people call this creative visualization – and that's a great term, because when you visualize something in the right way, you are in fact starting to create it – or manifest it - in your world.

You see, the universe responds to your visualization when it's supported by the energy of desire, belief, and expectancy. (We'll get onto those qualities in a little while.)

Creative visualization is a power that can alter your world in any way you can imagine. It causes events to happen, and it causes money, relationships, people, objects and events to manifest in your life.

Think of the magic of this: simply by visualizing certain events, situations, objects, circumstances, or people, you can manifest them in your life.

This looks like magic – but there's no magic involved. The connection between your mind and the universe is a natural one, and it's a connection that taps into the universal Law of Attraction.

In other words, creative visualization is the key to manifestation.

Part of the key here is that creative visualization - your imagination - feeds images into your subconscious mind.

And we believe the subconscious mind cannot distinguish between imagination and reality. So if you present images to your subconscious with clarity and intention, something mysterious begins to happen.

First, what the subconscious believes to be true about your life changes: next, those images travel out into the universe, and if they are backed up with strong enough energy and intention, they are picked up by the universal energy field, the omnipotent power, the supreme being, the universal intelligence (you can fill in your own words for this power here!), where all things are possible, and all people are part of one greater whole.

The essence of manifestation through visualization is this simple truth: you are an essential part of the universal energy field. And that is the key to how your thoughts can create reality.

But, as we've already seen, the thoughts which come true, which manifest as your reality, are those which are well focused, clearly defined, and supported by high levels of energy.

Visualization Has No Limits Except Those You Impose On Yourself

Every single thing on this planet started life as a thought in someone's mind. Those things which have manifested in physical form had enough energy supporting them to appear in that way.

We don't know whether Bill Gates imagined Microsoft as the supreme leader of computing systems when he started the company, but we can be pretty sure that at every stage of its development he had a vision of it growing into something larger.

In a way that's the method of visualization which you need to use for yourself: being open-minded about the possibilities open to you, without paying heed to the limitations which might get in the way.

Your Route To Successful Visualization

I'm going to give you a formula for successful visualization which you can start to use immediately.

As you gain more experience in manifesting successfully, you might find you can change this method to suit yourself better.

But the method outlined below has been proven successful over and over again for hundreds of thousands of people, and it's a great starting point for anyone trying to manifest anything.

Even so, visualization alone may not work for you, simply because you're not putting enough energy into the mental imagery of what you want to acquire or achieve in life.

That's why it's really important you also read the sections on desire, belief, expectancy and action which you can find elsewhere in this e-book.

When you incorporate those qualities into your visualization, you'll find manifestation happens faster and more amazingly than you ever imagined possible.

A lot of people think they're committed to changing their lives, but somehow it never quite happens. They find themselves "too busy", or they have something "more important" to do than sitting down and visualizing their objectives.

Perhaps at some level they don't really believe they can change their lives or manifest better circumstances. Perhaps they're frightened of change. Perhaps at some level they don't want to change.

That's why you have to have a very good reason – an intense desire – to manifest anything.

That's also why you have to have clear and firm belief in the possibility of what you want manifesting for you.

And it's why you need to be able to summon up total expectation that your desired outcomes will manifest in your life.

So while you can start visualizing what you want right now, make sure that you also read all the other sections of this e-book.

A Little Bit Of Brain/Mind Theory

You may know that the brain works at different electrical frequencies according to your state of consciousness. To put it another way, electrical rhythms sweep through the brain at different frequencies according to how alert or asleep you are.

Communication between neurons within our brains is at the root of all our thoughts, emotions and behaviors.

And billions of neurons communicating with each other produces brainwaves in the form of synchronized electrical pulses.

And the deeper states of consciousness in which you can access your subconscious mind – and therefore manifest or create your reality – seem to involve different brain frequencies to everyday states of consciousness such as talking, moving, and interacting with other people in the everyday world.

In fact, it turns out that people have five bands of brain frequencies – Beta, Alpha, Theta, Delta and Gamma.

Each of these brain frequency bands is associated with a particular type of consciousness.

Beta waves

These are cycles of brain electrical activity between 14 and 40 cycles per second (cps) and they are associated with waking consciousness and reasoning.

And they are also associated with stress, anxiety and restlessness.

Alpha waves

These are cycles of brain activity between 7 and 14 cps, and they are associated with daydreaming, meditation, visualization with your eyes closed, relaxation, and other similar states of mind.

This is the ideal brain frequency at which to program your mind for success, because this is the frequency at which imagination, visualization and mental focus are easiest to maintain.

The alpha frequency range also seems to be the place where your intuition works best, becoming more powerful and clearer the nearer you go to 7 cps.

This is the frequency which helps you to manifest most easily, because alpha states are not only the gateway to your subconscious; they also produce the state of mind necessary for connection with the universal energy field that is greater than ourselves.

For whatever reason, when your brain operates between 7 and 14 cps, your mind is operating in a different way – looking inward and towards the universal intelligence rather than outwards into the physical world.

This is the state of mind you need to be in for you to manifest successfully.

Happily, there are several techniques for achieving this state of mind: these include meditation, relaxation, hypnosis, brain entrancement, visualization..... we'll look at some of these in a moment.

Theta waves

These occur between 4 and 7 cps, and are associated with deep meditation and light sleep including rapid eye movement (REM) dreams.

At this frequency, your subconscious is active, but you're not likely to experience it during everyday life unless you're an experienced meditator or a mystic.

This is the realm of deep connection and unity with the universe. It's where you experience vivid visualizations, profound creativity and extraordinary insight. Fortunately, for most of us the alpha wave state is quite sufficient to achieve successful visualization and manifestation.

Delta waves

Delta waves occur between 0.5 and 4 cps and are associated with deep sleep and very deep meditation. This is the state of mind where you are basically unconscious during sleep, and where your body heals and regenerates itself.

Gamma waves

These have only recently been discovered – they are high frequency waves – and they need not concern us here, for they are associated with high levels of information processing in the brain, which is the opposite of the mental state needed for manifestation.

Visualizing and Manifesting

If you haven't come across these concepts before, you might be feeling a little bit confused right now, and wondering what you have to do to access the alpha state.

Fortunately it's not very difficult to access alpha wave frequencies, and once you've done so, you're almost certain to be in the right state of mind for successfully visualizing your goals and objectives.

You can buy tape recordings which are designed to play either music or a rhythmic sound at the alpha wave frequency, and as you listen to these while relaxing, your brain synchronizes with that rhythm.

But the simplest approach is relaxation.

The essence of the alpha state is mental and physical relaxation – they produce a slowing down of the brain's activity.

You can achieve the alpha state with relaxation quite successfully. And you can do it with meditation, although that's not as helpful for manifestation because most meditation techniques require you to focus on a mantra or your breathing. But to manifest successfully, you really want to be focusing your mind on your desired objective!

So the easiest and simplest way to make your visualization successful is to physically relax your whole body and mentally switch off the everyday "chatter" before you begin to visualize your desired

outcome. For many people this will be enough to put them in the alpha state.

Some people might need some assistance, either from a tape playing at the alpha frequency, or perhaps by using a guided meditation which has been recorded onto tape for them. Check out the resources below.

Note – before you click any of the links below, set your PDF document so the links open in a NEW window, not the window in which you are reading this eBook. That way you get to keep your place in this eBook. You can do this by clicking on the menu line at the top of the page EDIT – PREFERENCES – Document (in the left hand column) – and then **remove** the tick from the box next to “Open cross-document links in same window”.

Recommended Resources To Get Into The Alpha State For Successful Visualization

Free: Brain entrainment & natural world sounds.

<http://mynoise.net/> A wonderful website which I highly recommend – it has alpha wave frequencies you can play through headphones while meditating or visualizing and a clever mixer which you can adapt to produce the best sounds for your personal use. There are also recordings of natural sounds like running water which you can play when you are visualizing to slow your brain down and generate the right mood for relaxation.

Free: Relaxation MP3 recording

There's a great company called MindPower MP3 who offer a lot of free material which can help you get into and maintain the alpha wave frequency.

[Click here or on the picture below to get your FREE relaxation album and see what else they have to offer.](#)



If you find that relaxation alone isn't working for you, don't worry – there are plenty of other options! See the possibilities below.

Get Control of Your Mind!

[Here's a link to an audio recording which can help get control of your life and become master of your inner and outer world.](#)

[Here's a link to an audio recording which can help you improve visualization.](#)

Brian Entrainment

Perhaps one of the best ways of making the brain move into the alpha wave band where you can visualize much more effectively is to use brain entrainment methods – this means amazingly engineered sounds played through headphones which guide your brain so it shifts into the right alpha state for effective visualization.

Brain Entrainment

Usually, the entrainment works with sounds inaudibly played beneath peaceful music and environmental sounds.

I've researched the major companies in the field extensively and I've found the two best ones for you. Here they are:

[**The Unexplainable Store**](#)



Brainwave entrainment is not a passing fad, but has been researched for over 170 years. The human brain goes through many frequency cycles every day, each frequency producing different effects in the human consciousness. Using this information, it has been discovered that the receiving and operating frequency of the brain can be altered and even controlled through the use of sound waves. And binaural beats and isochronic tones have made it possible to bring this technology to everyone.

How Binaural Beats Work

Binaural Beats work by broadcasting two separate frequencies in each ear. For example, if you wanted to tune your brain to a 7 Hz frequency, you could play 200 Hz in your right ear, and 207 Hz in your left ear. The brain will compensate for the difference between the two and produce a third tone that will be exactly 7 Hz. This will result in your brain frequency being raised or lowered, and tuned to the desired operating stage. Headphones are mandatory with Binaurals. Notice the narrow sound wave and it's lack of uniform. Certainly a good technology, but it has room for improvement.

How Isochronic Tones Work

Isochronic tones are the most powerful type of brainwave entrainment, utilizing equal intensity tones, increasing the pulse speed, and synchronizing your brain with the rhythm. Isochronics use a distinct and clean wave form which is designed to harmonize with the brain much more efficiently. Headphones are optional but recommended.

The Difference Between Recordings

Each recording is different, and tuned for a specific purpose. For example, 4.2 Hz and 6.3 Hz are within the Theta Range, but have totally different characteristics. The 4 main frequency classifications are large

ranges, and within these classifications there are many frequency options which all produce different effects. The exact combination of frequencies cause many documented brain reactions. This means each and every recording is specifically tuned to stimulate certain abilities.

Holosync



What is Holosync? Some call it “instant meditation,” but, according to the originator, Bill Harris, “it’s much more than that. Experiencing these deep meditative states each day provides a super-enriched environment for your nervous system, causing enormous (and very beneficial) changes in the brain. What we’re actually doing is gradually giving the nervous system more input (of a very precise nature) than it can handle... so, in much the same way that exercise gives your body more than it can handle physically, pushing it to grow stronger. The brain responds in several ways: reorganization at a higher level... Creation of new neural pathways... Increased communication between the left and right hemispheres of the brain, leading to what scientists call “whole-brain” functioning... and more freedom of expression, a greater sense of relaxation and being stress free, and a greater sense of personal power...”

Making Visualization Work

Start with the guidelines below. You may wish to use one of the above programs if you find it challenging to relax into the alpha state.

And then, if you still have problems after trying visualization for a few weeks, you might want to consider investing in a self hypnosis program specifically designed to make visualization easier.

I’ll give you a link to do that at the end of the next section.

Improve Your Visualization

Do you ever wish you could visualize better? Maybe you've been relaxed but found it hard to actually visualize your desired images, scenes and experiences.

It seems that some people naturally find it harder to visualize, and it may be that you're more comfortable using other senses.

What's your predominant sense?

We all tend to have a favorite sense; you may find it easier to imaginatively evoke a taste, smell, kinesthetic feeling or sound easier than you can evoke an image. But even if you're having trouble, it's easy to greatly improve your capacity to visualize.

You might go so far to say "I can't visualize!" Of course if you couldn't visualize at all, you wouldn't know how to recognize things. If you've ever visualized in a dream (and most people have done so in incredible detail) then you can visualize - it just seems as if you can't because it hasn't, until now, been consciously directed.

Taking the pressure off

By using self-hypnosis, you can make things easier. This removes any pressure to visualize so you start to relax with the process and have it happen naturally and easily. The part of your brain that visualizes when you dream is the same part that visualizes when you relax in hypnosis.

Ways to develop your visualization skills

A bit like working a muscle, practicing visualization with hypnosis will greatly improve your powers of visualization which will benefit your creativity, powers of observation, recall and memory and enjoyment of life.

The recording I recommend below is wonderfully relaxing and also engages the part of your mind that naturally visualizes, so making it stronger – which means you'll find your visual sense wonderfully enriched.

The more you relax into this session the easier you'll find it to relax and visualize at the same time.

Click on the links below to find out more. There are two recordings to choose from by different companies. Pick the one which speaks most to you.

[Here's the first link to a recording which will help you relax and visualize better and better with each session you try.](#)

[Here's another link to an audio recording which can help you improve visualization.](#)

Making Visualization Work For You

Here are some simple guidelines which should start you on the road to successful creative visualization:

1 Make sure that you have a clear idea of what you wish to manifest.

2 Be sure your goal is really appropriate for you, and is backed up by desire, belief and expectancy (you can read about these later in this e-book).

3 Make sure that your goals are aligned not only with your own highest good, but the highest good of all concerned.

4 Find a quiet place where you won't be disturbed for at least 30 minutes.

5 Sit down comfortably and breathe slowly and deeply, relaxing each part of your body as you do so. Use a tape of alpha frequencies or some other relaxation program if it helps you. (Take advantage of the free resources above.)

6 When you're relaxed, visualize a clear detailed image of your desired outcome. The brighter and more vivid, the better. Turn up the brightness, and make the image detailed and realistic.

7 Make the image as bright, detailed and realistic as you can. This may include action – what are you doing, who you doing it with, where are you doing it, for example.

8 Use all the senses that you can as part of your visualization: sight, hearing, touch, smell and taste. You can run a “movie” in your mind, showing how you interact with your desired outcome.

9 Include intense feelings of desire for what you are trying to manifest, and feelings of happiness and joy associated with getting what you want.

10 Once you've got the hang of this, visualize your desired outcome twice a day for 15 minutes each time, including the relaxation period.

11 Continue doing this twice a day, ensuring that you are as deeply relaxed as you can be, for 15 minutes each time.

12 Maintain your belief and desire in what you're trying to achieve – stay positive, in your thoughts, your feelings, and everything you say about your objective.

13 If any doubts or negative thoughts arise, allow yourself simply to doubt that these doubts are true. Better still, if you can, simply replace them with positive thoughts.

14 You will find that if you make a sustained effort to replace negative thoughts with positive ones, after about three weeks your whole mindset will be much more positive. That's good for both manifestation and your emotional well being.

15 Maintain your high levels of expectation. When you do this, you'll find that you notice opportunities more easily, and you spot things that might lead you to your ultimate goal quicker.

16 Each time you finish a visualization session, feel the emotion associated with your objective, and conclude with the words “may whatever happens be for the highest good of all concerned”.

When you do this, you’re going to find that synchronicities and opportunities start to happen almost immediately.

Then it’s up to you to take action - about which we’ll say more later.

And also be aware that although some manifestation happens really quickly, most manifestation develops through a series of events, each of which builds on previous one.

Helpful Hints Tricks and Tips for Manifesting Successfully

Use your natural alpha wave state

Because you naturally approach an alpha wave state before you go to sleep and when you wake up in the morning, it can be really helpful to visualize your goals and desired outcome when you get into bed at night before you drop off to sleep, and just after you wake up in the morning before you get out of bed.

In fact, some people say this is the fastest way to manifest anything because you program the subconscious to work on your desired outcome overnight.

Feel the joy

It’s also really helpful to summon up strong positive emotions while you’re visualizing: one guy I knew played loud, stirring and emotional music while he was visualizing, imagining that the music was playing to celebrate his moment of glory!

Keep your goals in mind

And don’t forget to think about your goal several times during the day – just to reinforce the meditation and visualization you’re doing.

Imagine goals as if you already have them

When you visualize what you want, always imagine things to be in the first person in the present tense: in other words, use language like this:

“I am now living the life of my dreams, and I have a wonderful house in 10 acres of glorious countryside.....” (Picture it as you think these thoughts.)

“I am now enjoying the most wonderful and rewarding relationship I can imagine, with joy and happiness entering my life in every way. My lover and I are connected, happy, joyous and deeply fulfilled.”

You get the idea, I’m sure.

The reason for using the present tense is that the subconscious cannot tell the difference between imagination and reality.

Of course, as you visualize an imagined future, your senses offer information to your mind which does not fit with this imagined reality. (After all, you may not yet be in a relationship, or rich, or whatever...YET!)

That’s called cognitive dissonance and your subconscious will immediately start to work to bring the information presented by your physical senses (your external reality) into line with your visualization (your internal reality).

So if you’re visualizing your desired outcome as if you already have your goals, the subconscious mind immediately begins to work to make the evidence of your senses match that visualization imagery – and it does so by changing the world around you..... change which comes about in the manifestation of your desires.

In fact the discrepancy between the power of your visualization (in which you “see” your objective as already accomplished) and the reality of your physical senses (where you know your desired outcome is not yet present in your life) is probably one of the most important parts of the manifestation process.

It's probably what makes the subconscious mind keep producing synchronicities and coincidences which take you nearer and nearer to your objective.

Keep a journal

Write your goals down and keep track of them in a journal. You can have more than one goal at a time – probably about five is the maximum, just because of time and other practical issues.

Write them down, and make notes that relate to the achievement of your goal, and then review your journal every night before you lie down to go to sleep.

This is all about developing what is almost an obsession with your objective, so you keep it in mind all the time.

Create a vision board

You can create a vision board of some kind, which is especially powerful if you actually photoshop yourself into the pictures.

This reinforces the belief in your subconscious that you've already achieved your desired outcome. (Which brings it into being in double quick time!)

Use all the tricks you can think of to stay positive

A great tip is to look at yourself in the mirror every morning, and repeat your desired goals as if they've already manifested:

"I am in a wonderful fantastic relationship and I'm very grateful every day of my life for the pleasure and joy my partner brings me."

"I have a wonderful job that gives me great pleasure and fulfillment and meets all my financial needs and more."

"My income rises every year and my work becomes more and more fulfilling as time goes by."

And so on. Be creative. Find your own words.

And every time you look in the mirror and repeat wonderful affirmations like these, end by saying something like this: “I thank the universe for providing me with everything I need and everything I want – and I appreciate the fact that this relationship has already happened..... I have total faith in the law of attraction and the process of manifestation! Thank you universe.”

This is one way of practicing gratitude, which we will talk about later on – for the moment, keep in mind that gratitude is a very powerful motivating force for manifestation.

Gratitude can make manifestation happen much faster, probably because it’s such a powerful force for changing your thinking patterns from negative to positive.

Have you heard the story of Jim Carrey? Long before he had any work in Hollywood movies, he parked his car in the Hollywood suburbs every night, and every night as he looked up at the famous Hollywood sign he visualized himself as the major Hollywood star he became.

And here’s the best bit: to help himself remember his objective of being a major movie star, he wrote himself a \$10 million check and dated it five years from the day he started visualizing stardom. You’re probably not going to be surprised to learn what happened later: he secured a \$10 million deal to star in the movie Dumb and Dumber, almost exactly on the date that he’d written on the check!

Bottom Line - Visualization Works If You Work Hard!

Chapter 4

Desire

Desire is the first essential component of manifestation.

But do you really understand what it means?

How often in your life have you wanted something so badly, so passionately, so intensely, that you could feel the desire to have it throughout your body, living with you every minute of every day?

That's what true desire really means. To want something so badly that you can "taste it".

Is it necessary to have that level of desire for something before you can manifest it? Well, it certainly helps.

There's a formula that will probably help you to understand how manifestation actually works:

Desire + Belief + Expectancy + Action => Creation (Or Manifestation)

My experience over many years is that you need to have a strong **desire** to have something in your life, you need to **believe** that it can manifest for you, you need to **expect** that it will manifest for you, and you need to take some **action** to make the manifestation happen.

And the whole process seems to be driven by emotional energy.

Many people who write about manifestation will tell you that the right kind of energy to use in manifesting anything is the energy of joy and happiness, energy which you can feel when you visualize yourself having achieved your desired outcome.

Some will say that the energy of gratitude is a catalyst for manifestation.

And there are some esoteric thinkers who believe that sexual energy, particularly the energy released at the moment of orgasm, can be used to fuel the process of manifestation (we will look at this later on because it's such an interesting idea).

And I believe you can also use anger to power the process of manifestation – and again, we'll look at that later on in the section on emotions.

But there's one thing that's really clear and accepted by everybody who manifests stuff successfully: somehow you need to put energy outwards into the universe which will drive the process of manifestation.

In a way that's obvious. If you think about the number of times every day you find yourself thinking about things you want (or don't want) in your life, it's perfectly obvious that almost none of them manifest.

The things which do come to us always seem to manifest because we exert energy to get them into our lives; for example, we think about them with intense feelings of joy or happiness (or even anger).

And in a way that's also a great asset for us. Imagine the chaos which would ensue if *everything we thought about* manifested in our lives!

But.... a question many people ask is why so much energy is needed to make things manifest.

Let's look at this before we talk any more about desire.

The Energy of Manifestation

If you're one of these people, then I have some disappointing news for you. The mechanism of manifestation is, at its root, an act of faith.

Indeed, perhaps it is the ultimate act of faith.

After all, the idea that you can take responsibility for your own life in every way – for your own feelings, for what happens to you, and for what you have in the world around you – is a profound concept.

It shifts the responsibility for your success directly onto where it belongs: you.

It gives you the understanding that no one is going to come and rescue you.

It gives you the understanding that no one can make you feel a certain way without your acceptance – at some level – of the notion that they have more power than you.

It gives you the understanding that the circumstances in which you find yourself right here, right now, will only change if you use the correct processes to co-create and manifest a different reality.

Nothing happens in life without some energetic input. And the same is true of manifestation.

If you are building a wall, you have to expend some energy in gathering materials, mixing the cement, and building the wall.

Why would it be any different if you're trying to manifest something?

The fact that you're communicating with the universal energy, or the cosmic intelligence, or God, makes no difference. You still have to *do* something to get an outcome.

Think of it this way: in physics, the first law of thermodynamics is the law of conservation of energy. This law says that energy can be transformed from one form to another, but it cannot be created or destroyed.

In essence you're sending out some kind of emotional or psychic energy into the universe, and this energy is affecting the world around you by changing the physical form in which the world exists around you.

Look at this in another way.

Everything which exists right now has manifested in some way through a process of creation.

That might be through the natural process of growth and development shared by all living organisms.

It might be through a process of construction by animals, plants or humans on the face of the planet Earth.

But somehow, somewhere, sometime, everything you see around you – including you yourself – which has manifested as a physical reality in the world started with an energetic intention.

When your parents made love, their energetic intention may have been to create you. Whether it was or not, the coming together of their energy at the moment of fertilization released into the world a creative force which produced you.

Similarly, when you have an idea about building or making something, you release energy into the world by doing something and this energetic force impacts on the physical reality around you.

When you visualize your desired objectives you send energy out into the world and this might make what you want appear in physical form.

Some people would have you believe – and it may well be true – that everything which could potentially exist on the face of this planet exists in potential form in the energy field which surrounds us all.

And that energy field is what we've called things like Universal Intelligence, the Cosmic Consciousness, the Divine Mystery, Cosmic Intelligence, the Oneness, the Great Mystery, or perhaps, to put it more, simply, God.

The act of faith required of you when you're manifesting something is simply to believe you can send energy out into the world around you in a way that will impact the manifestation of physical reality in your world.

Once you've regularly experienced manifestation, you can believe in it more easily - and then having an explanation for how it works becomes less important.

So even if you're looking for an explanation of manifestation right now, simply practicing manifestation can provide you with all the proof you need that it's a real process which will change your life in any way you choose.

My invitation, therefore, is to suspend your disbelief, and perhaps to stop looking for explanations as to how manifestation can possibly work. Instead, just do it. That way you can create a reality that you desire.

Which brings us back to the subject of desire!

I left you a few minutes ago pondering the question of how often in your life you have wanted something so badly you could feel a burning desire for it.

I already know the answer to that question – not very often.

Sadly, few of us have passion about our lives.

And if you meet a person who is passionate about some aspect of their existence – perhaps their job, their family, their mission to change the world – you feel it, don't you?

You just know this person has a high level of energy connected to their desires and wishes, their hopes, their dreams, and their reality.

So why don't you?

If you want a loving joyous relationship, let's say, how badly do you want it?

Sadly most people will say something like “Well, I want it, yes of course I want it...” but with a degree of resignation in their voice, almost as though they don't expect to get it.

Perhaps the reality is they don't believe they can have it.

And I'm wondering if the reason so many people don't seem to be passionate about what they want is because fundamentally they don't believe it's possible?

We'll examine this question more when we come on to the subject of belief and manifestation, which is the next chapter of this book.

What I notice about manifestation is this: almost like every time I set out to create something, the universe requires a certain amount of emotional energy from me.

Remember the formula I mentioned before?

Desire + Belief + Expectancy + Action => Creation (or Manifestation)

Well, my experience has been that if you have enough **desire** and an absolutely unshakeable belief that something will come into your life, it can make up for a lack of expectancy or expectation.

Equally, if you have an absolutely certain **belief** that something can happen and you firmly expect it to happen, then it may well manifest even if your desire isn't so strong.

It's as if the combined energy of desire, belief and expectancy has to reach a certain cumulative level before manifestation can happen.

In other words, if you can't summon up absolutely passionate desire for a certain outcome, maybe unshakeable belief and total certainty that your desired objective will manifest are enough to make it so.

But how much better to be passionate about something – to want it with every fiber of your being, so much so that you can literally feel your desire to have it in your life.

Let's Make This Simpler!

Surely it just makes perfect sense to believe that anything and everything is much more likely to manifest if you're passionate about wanting it in your life?

Let's go back to the example of the relationship I mentioned a few paragraphs back.

I think at a deep level every single one of us wants a loving relationship where our needs will be met, where we can love, be loved, and experience intimacy and connection with another human being.

It seems like being in relationship is a natural state for the human animal.

Certainly, relationships can be the source of our greatest joy, and they can make life seem much more worthwhile.

And enjoying a sexual relationship with another person who you know intimately, and love deeply, can be one of the most profoundly rewarding experiences of our lives.

With so much at stake, surely everybody would want to be in a relationship with every fiber of their being?

Yet, people don't seem to behave like that!

So why are we not passionate about getting into relationship?

Perhaps it's because our fears about being let down or not getting what we want, or ending up in the same situation yet again – another disappointment – are so strong in us?

Yet these feelings and expectations are based on *beliefs* that you formed as you grew up about what you can expect to get from the world around you. Beliefs that you are not lovable, perhaps, or that you don't deserve love, or that you don't even know how to love properly.

So if there are limitations in your mind about what you believe you can manifest, it's important to change those limiting beliefs – a process we will look at in detail in Chapter 3 – All About Belief.

Just now, let's think about how you can increase the level of your desire so you are able to get your desired outcome!

Ready for it? The answer to the Great Mystery Of Manifestation? Brace yourself..... here it comes....

Get Passionate About Wanting Something!

The first step is to ask yourself how much you really want something.

If you're feeling a sense of "nice to have" rather than "absolutely must have at all costs" then you're not in the right state of mind to manifest your goals successfully.

You see, there are plenty of things that are "nice to have", but without passion they are literally going to remain just that – things it would be nice to have in your life, not things you really want, ***things you can't do without!***

And that's not good enough! The universe needs to HEAR you! Or you need to MAKE the universe hear you. Or both!

One way to increase your desire is to think about the benefits and advantages of getting what you want.

We've been talking about a relationship. Suppose that's what you want....

Can you imagine yourself enjoying wonderful lovemaking, walking hand-in-hand along the beach, enjoying romantic evenings together, enjoying close connection and intimacy – and can you FEEL all of the feelings that go with such a relationship when you visualize how it might look?

If not, simply *imagine* the feelings that might go with your mental images.

So: if you see yourself hand-in-hand with your lover taking a walk along the beach or through the countryside, imagine the joy and satisfaction, the pleasure in your heart, and how it would feel to be in this relationship.

Cultivate the positive feelings, and accentuate them in your imagination so that you can feel the joy and the uplift of pleasure as you think about your beloved and how valuable he or she is to you.

(When you think of any manifestation goal, always use the first person and the present tense, because it works better. By doing this, you're sending out the message that you have what you want already..... More on this later!)

Now suppose you're looking to get more money in your life: it's a common desire, probably the most frequent thing that people try and manifest in their lives, and also, I suspect, one of the areas where people are least successful in manifesting.

Yet it's simple to increase the level of desire you feel around creating abundance in your life.

Just imagine all the things you'd be able to do with more money.

Think about how it would improve your life, reduce your stress perhaps, liberate you from a tedious job maybe, or allow you to spend more time with your family.

Perhaps, for you, money represents power and control over your own life – in which case just imagine how you'll exert that power and control when you can manifest abundance easily and have plenty of money available to you.

And while we're talking about money, it's worth just discussing this in a little bit more detail.

The Right Way To Manifest More Money

A lot of real or imagined experts on manifestation think there's something wrong with trying to manifest wealth for its own sake.

They tell you that you need to have some "higher purpose" which is going to be fulfilled with the money you get.

If you listen to people like this they'd have you founding orphanages in Africa, charities for disadvantaged people in the West, befriending groups for lonely old people, environmental protection charities, and just about every other kind of socially beneficial enterprise you can imagine.

But is it really necessary to have a higher purpose, something positive that you're going to use the money for?

Does a higher purpose really aid the process of manifestation?

I think it can do.... but only if you're really passionate about being able to use the money for such an outcome.

In which case you might well be better off visualizing your orphanage in Africa as a constructed, complete operation rather than visualizing the acquisition of great wealth to build it.

After all, your desired objective is to build an orphanage, not to have great wealth, right? And building an orphanage would serve you by fulfilling your deepest values and motivations. That's the higher purpose here.

For me, having a higher purpose (for want of a better way of putting it) is actually about what you want to do with the money you get – though it's certainly not a *prerequisite* for manifestation to work.

Even so, it's a good idea. That's because without a clear, positive purpose, money can act as fuel for all the negative parts of your personality to run wild.

There's an interesting statistic about lottery winners: something like 90% of them have lost all the money they won within 12 months of winning the lottery.

What do they do with their money?

Mostly, they spend it without much thought and without any real purpose on what I call "flimflam" – transient experiences or material goods which don't increase anyone's happiness.

Suppose you want a big car, a Ferrari, perhaps, or a Maserati, or a Lotus, or a Lexus. Perhaps you first need to ask yourself "why"?

What lies behind your wish for a new car? Is it simply to prove a point to yourself or others about how successful, or grown-up, or rich you are?

Or is it to indulge some immature part of yourself that wants the experience of driving around in a flash car everybody will look at?

Or is it to make yourself feel better, because basically your self-esteem is quite low?

Of course, even if these are your reasons for wanting something, you may still be able to manifest it, but only if you are passionate enough.

Wanting a car to look good in the eyes of your neighbors might not be such a powerful motivating force as starting your own company to employ people, or building an orphanage in Africa might be. It all depends on what you want....

For me, the bottom line is this: it's probably better to have something personally meaningful as your ultimate objective so that money or greater abundance will provide you with the freedom, power, or control to allow you to manifest it.

To set a goal of having something that's powerful, personal and meaningful for you is a great way to summon up much more intense desire for a particular outcome.

That might be something which can improve the quality of your life in a very direct way by matching your deepest values.

Of course, in the end, the things that make a desired outcome truly attractive for you, and increase the force of your passion and desire to achieve it, are entirely personal.

But you'll often find they are connected to your deepest values: to the essence of who you are, and what really motivates you.

Examples of the kind of thing I'm talking about come from my work with my clients.

One woman wanted to take her family around the world to give them an educational experience and insight into different cultures.

A man who I worked with for some time wanted to establish a retreat centre deep in the mountains of Virginia so that people could go there for rest and recuperation.

Two brothers who I worked with wanted to start a publishing company to publish books on self-improvement and new-age literature to help people find meaning and purpose in life.

And so it goes on. Only you know what your deepest values are, and only you can decide what will motivate you sufficiently to generate the desire that you need to start the process of manifestation.

Now, could it be that your deepest values reflect your purpose in life? The reason, in fact, that you are here on the surface of this planet?

Let's find out how your purpose in life might be linked to manifestation.

Chapter 5

How To Find Your Purpose In Life

One simple way to find your purpose in life is to write the question “What is my purpose in life?” at the head of a sheet of paper and then to start writing down the answers which come to you, without thinking too much about it.

There’s no doubt this method can work, but it may take 20 to 40 minutes before you find an answer which really generates some powerful emotion in you. And that’s what you’re looking for.

In fact, if it makes you cry, then you’ve probably found your real purpose.

You may have to write a hundred answers, you may have to write five hundred, but you at some point you will be struck by an answer which fills you with a powerful emotion.

Even if this sounds silly, do it anyway, because writing like this can be a direct route to your subconscious, from where the answers to deep and meaningful questions such as this can emerge.

In the context of manifestation, of course, the purpose of finding your life purpose is to help you identify something that will give you the passionate drive and intense desire needed to fuel your manifestation.

If you find that some answers create a little surge of emotion as you’re working, then you’re on the right track but not quite there. Perhaps each answer like this represents one small part of your purpose, serving you by revealing that you’re getting nearer the truth.

You need to do this alone, without being interrupted. And as you go along, you may find you feel some resistance at some point.

You may start feeling bored, or suddenly want to give up and do something else, or you may feel irritated. All these things can be a sign you’re getting near the truth..... and a sign there’s some resistance in your mind to receiving the answer.

Eventually you might find you've written something like this: *My purpose in life is to live with full awareness of love and compassion, to act as a catalyst so that other people can enter deeper into love and compassion, and to make this world a more peaceful place.*

And of course you might not: you might find something completely different comes to mind for you. This is, after all, about YOUR particular purpose in life.

You'll have noticed this answer is more like a "mission statement" than a clear expression of *what* you need to do or *how* you need to do it so you're able to live with full awareness of love and compassion.

In fact, it's actually more about what *motivates you*. And how you translate your mission statement into action in the world is another question for you to answer....

...but it may well be that finding a way to translate a broad statement like that into action in the world is the way to generate a deep and passionate desire to achieve something.

Why? Because wrapped up within that mission statement are the values and goals which matter most to you. (In this case, they are living with full awareness of love and compassion, helping others do the same, and generating peace.)

Another example:

- **What matters most to me** is loving myself, loving others and seeking joy in life.
- **What I value the most** is being able to connect with people in deep and meaningful relationships.
- **What I'd like to do to achieve this** is to work only in areas that feed my soul, and only in loving environments on projects that I can connect with.

- **My intention is** to become financially abundant in an honest and holistic way that doesn't violate any of my values, objectives or my purpose in life.

Questions To Discover Your Personal Mission In Life

The greatest fulfillment will always come when you're doing something in line with your deepest values and beliefs.

We've all met somebody apparently very successful, financially abundant, busy in industry or commerce or a profession of some kind, but still unhappy despite their wealth and apparent success.

You know why this happens? It's almost certainly because their life has been spent doing something that they're not happy about, something which doesn't fulfill them, and maybe isn't even in line with their deepest values.

You will always know if you're in that situation because there will be a level of discomfort about what you're doing, a grumbling sort of dissatisfaction which you can sense deep down in your soul, a sense that things aren't quite the way they ought to be.

If the first method above for finding your life purpose doesn't help, here are 15 questions that might:

1. What makes you feel good about yourself?
2. What is it that makes you smile and gives you joy – either people, or activities, projects, pastimes....
3. What makes you lose yourself in what you're doing – for example something where you just don't notice that time has past?
4. What are your favorite things you like to do now, and what did you like to do in the past?
5. Who inspires you in life? Who is a role model for you, someone who represents the values you hold dear? And when you look at such a person what are the qualities that inspire and excite you?
6. What are your natural talents and abilities?
7. When people ask you for help or support, what area is it that they are asking for you to help them with?
8. If you had to teach somebody something, what would it be?

9. What will you regret most if you reach your deathbed and haven't done it?
10. And if you were 90 years old, sitting in a rocking chair outside your house with the breeze gently brushing your face and the sun shining on you, feeling blissfully happy about the life you lead and full of joy about what you've achieved, what would it be that mattered most to you?
11. What are your deepest values? These might be things like compassion or love, or qualities like service and loyalty.
12. When you've faced difficulties and challenges in life, what's helped you overcome these hardships? How did you manage to get over them?
13. What cause would you die for?
14. If there was a message that you could spread to a large group of people, who would those people be and what would your message be?
15. How could you use your own individual talents, passions, values and enthusiasms to serve or contribute to the betterment of other people, or the world around you, or anything else?

To use this list of questions, take a few sheets of paper and a pen, turn off your phone, make sure you won't be interrupted and start writing the answers to each question – just the first thing that pops into your head.

And do this without editing your answers, using note form, but writing out the answers rather than just thinking about them. This digs deep into your subconscious.

And don't give yourself too long to think about the answers to each question because your head will take over from your heart if you do that!

This is about what's in your heart. And your soul.

Most of all be honest, because this is private, solely for you, and it's about revealing the qualities, values, attitudes, thoughts and feelings which matter most to you.

Once you've done this, you might be able to come up with a mission statement or a sense of what your purpose in life might be.

And from that you can work out your goals and objectives – the things you're able and willing to work towards.

Things which make you feel a passionate desire for a certain outcome.

Perhaps these are the things you should try and manifest; perhaps they are the things which will motivate you in your quest for financial abundance and prosperity.

One final observation: unless you expect money, or a relationship, or a better job, or anything else, to bring you happiness and fulfillment, it may not be the right thing to try and manifest.

So the bottom line is this: if you're looking for money, manifest it with the intention of using it for a purpose that will make you happy, or find a purpose in life which motivates you to summon up a passionate desire for financial abundance.

And the principles are always the same no matter what your objective.

For example, if you want to manifest a relationship, make sure the qualities you visualize from that relationship are the ones which will give you joy – as well as a passionate desire to be in relationship.

These qualities will not be the same for everybody – only you know what those qualities are for you. They might, for example, include love, great sex, intimacy, connection, or a shared journey through life.

Some people would say that only when you've discovered your purpose and mission in life can you really identify the key things you should be trying to manifest.

There's a lot more to say about setting goals and achieving them, so let's move on to **belief** which is the next component of manifestation.

Belief is important because what you BELIEVE about yourself - and what you BELIEVE about the process of manifestation - will determine how successful you are in getting what you want.

Chapter 6

Belief

Most of us grew up with the belief that we were going to be thwarted when we wanted something. Just think how often children ask for something and receive the unthinking response "No, you can't have it!"

And then consider how few of us deprive ourselves of what we want when we're grown up – so much so this has been dubbed the "age of self-indulgence". Perhaps that's a response to being thwarted so often as children.

You see, the problem is that when children are thwarted they develop some powerful beliefs that they will rarely/only sometimes/never get what they want.

That's why many of us can't be passionate or intense in our desire something new in our lives when we are adults.

Not only that, but when we do want things, a lot of us tend to focus on the lack or absence of them rather than the idea of abundance.

That won't make anything manifest!

As kids, we learned that resources were in short supply. We were, to put it bluntly, brought up with a poverty consciousness.

We were raised on ideas such as these: "Life is a struggle". "There isn't enough to go round." "Nothing will ever change." "Don't expect too much, you'll only be disappointed." "You can't have that." "You can't do that." "That's not for the likes of us." "You can't trust men/women/the rich/the poor/the....."

Well, you get the idea, I'm sure. We just picked it all up, never questioned it, absorbed it like a sponge, and our unconscious believes it all to be true – to this day!

And there is no better example of this lack of consciousness than around money.

Want more? Tried to manifest it? And failed? Maybe you believe this is because money is in short supply and there isn't enough to go round.

But do you seriously believe the world is short of money? Really?

Apparently the world's wealth is 60 trillion dollars – that's \$60,000,000,000,000. Enough for us all, I think.

What's stopping you getting some of that isn't a shortage of money – it's what you believe about your relationship to money.

In general, most people who want more money in their lives are suffering a serious lack of it. They may be deeply in debt, or they may simply be struggling financially to keep their heads above water.

Because money is such an important commodity in our society, the lack of it generates an intense amount of fear, and that tends to be where people's attention goes.

No matter how clearly you might say you want more money in your life, it's inevitable that your focus will often be on the lack of money in your life. That's driving your wish for change, but it's also impeding it.

You've probably heard a lot of people say that what you focus on is what you attract to yourself. And there's certainly an element of truth in that.

If you're focusing on lack, your thoughts are not on abundance – that's pretty clear.

Self Belief

Creating Financial Abundance

But there's another aspect of this which is hugely important: do you really believe that you can generate or attract wealth into your life?

You see, a lot of us are limited by the beliefs we carry – again, beliefs which were "given to us" during childhood.

You have to understand that in the first seven years of life, a child's capacity for reasoning is not developed to any significant extent. She or he will tend to take the information given by parents or caretakers literally.

And once implanted, these beliefs are held in the subconscious mind (or the unconscious, if you prefer) – which means that you might not even be aware of them later in life.

And the truth is that most people who want – or need – a lot of money as adults will have received negative messages about money when they were children.

Parents may not necessarily mean to do this, but they can convey some pretty profound attitudes and beliefs just by the way they behave, let alone what they say.

Did you grow up in an environment where there was a sense of poverty – what we might call “poverty consciousness”?

Were you being shown in one way or another, or even directly told, things like "We can't afford it." Or "There's never enough to go round." Or "If you go on spending money like that, you'll never have any."?

Sad to say, it's quite normal and common for people to be brought up to believe that poverty consciousness is the norm.

And then there's another layer of limiting beliefs around the acquisition of money: were you taught that it was wrong to be "greedy"?

Or did you somehow get the message that "money was the root of all evil"?

Or perhaps you were told that "the rich get richer and the poor get poorer"?

Or what about this piece of ridiculousness: "Money doesn't grow on trees"?

And maybe, if you came from a religious family, there was some moralistic issue around money. After all, as we all know, "it's easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of heaven".

I had an English client who spoke of her desire to generate wealth through manifesting abundance.

And yet things just weren't working out for her. No matter what she tried, her financial situation didn't change.

Month after month she looked at her income and expenditure, and found they were generally the same. She just couldn't generate abundance.

When we looked into this we discovered she came from a poor family where all the messages around money were about lack – sayings such as "there will never be enough to go round" or "money is hard to come by" were the order of the day.

Her family were manual workers and artisans, and historically they had been the exploited class: laborers paid little, often hired by the day even when they were skilled craftsmen.

When she spoke about her family's attitudes to this way of life, it was obvious that the family had carried a huge amount of shame around the poverty they lived with.

But very interestingly, it seemed like the family had created its own myth of "the virtuous poor" to compensate for this.

Roughly speaking, the family myth became this: "We built the world – the bridges, the furniture, the houses, the railways and more – and we're damn proud of what we did...nothing would be here without us and our type. And somehow it doesn't matter that we were dirt poor. Because we built those things and those things are still standing today, we were virtuous."

There was a religious aspect to this as well: somehow there was a place reserved in heaven for the members of this family, complete with poverty consciousness, because they'd suffered on earth with such poverty.

But I think it was chiefly the shame of being poor which had led the family to come up with myth of them belonging to the virtuous poor.

Because, don't you think, that if being poor is virtuous, then being rich must be evil or bad in some way?

And if your deepest beliefs tell you wealth is evil or bad, then how likely are you ever to be rich? How likely is it that you will ever generate abundance?

I tell you that story to illustrate the power and subtlety of limiting beliefs. Because if you've been trying to generate wealth and you haven't managed to do so, it's a fair bet there's something pretty powerful holding you back. What, what, you ask? Stand by for the shocking answer.....

A set of beliefs you hold about money which interferes with your ability to attract it.

And the same is true for almost anything that you want in your life.

Manifesting Relationships

Suppose you are not in a very enjoyable relationship? Why do you think that is?

Pure misfortune? An accident? You just happened to meet the wrong person?

Think again. Nothing happens by accident. Whatever you believe about yourself determines where you are in life and what surrounds you.

If you're in a poor quality relationship, it's highly likely you believe you're not worthy of something better.

And remember these beliefs are not consciously held. They are deeply implanted in the subconscious mind during childhood.

Another example: it doesn't take much – perhaps only the normal problems and challenges of childhood – for a child to come to the conclusion that he is not worthy of love. (And what would *that* do to your chances of getting into a good relationship as an adult?)

Yet when you consider how much children suffer.... In short, one way or another, most of us hold limiting beliefs about ourselves.

Even casual and "accidental" remarks by parents who are at the end of their tether can do damage.

I'm sure many of us were told more than once in the heat of the moment, and when our parents were under great stress, things like this: "You're a stupid little boy / girl."

Or perhaps you heard something like this: "Mommy doesn't love you when you do that."

Children almost always believe this stuff. And that's the problem.

I'm sure you get the point: we can learn we are unlovable, or that love is conditional on how we behave, or that we can't expect much love, or we don't deserve unconditional and high quality love.

And if constant negative remarks are the norm, as they are for so many children, the chances of growing up with the strong self-esteem needed for success is – well, limited at best.

But whatever your expectations around relationships, they will manifest in the kind of friends and partners you have in your adult life.

Unfortunately Your Past Is NOT Irrelevant When Manifesting In The Present!

The quality of your life as it stands right now is a reflection of the beliefs that you hold about yourself and your worth as a person.

And what this means, for example, is that you can visualize an image of a worthwhile and positive relationship, giving you great joy and happiness, and you can visualize it from now till the end of time, ***but if you don't believe at some fundamental level you are worthy of such a relationship, it will not manifest for you.***

Take another example.

I don't know whether you believe in the concept of luck or not, but I certainly do not.

What I believe to be true is that people create opportunities for themselves – either consciously or unconsciously – based on the beliefs they hold about themselves.

I had a friend who used to say people were "better born lucky than rich". Well, he certainly believed he was lucky.

After he left high school, my friend got his first job working as a clerk in the local court room.

And while he enjoyed it, he knew this wasn't going to be his lifelong career.

One day when he was administering a court case, one of the jurors started talking to him.

And it turned out that this man was the general manager of the local branch of an international manufacturing company. Surprisingly enough they wanted a junior accounts clerk. Surprisingly enough, this was the job my friend wanted.

Before the day was out, the general manager had invited my friend for an interview, and it won't surprise you, perhaps, to learn that he got the job.

And he stayed in the job the rest of his working life, enjoying it enormously, gaining great fulfillment, being promoted rapidly, and leaving with a generous pension and benefits at retirement age.

This kind of job might not be your aspiration, but that isn't the point of the story.

Almost every episode of this man's life, whether around relationships, work, money and anything else was full of similar stories.

For example, he broke up with his partner of many years, and the very next day was driving down the road when he spotted a woman with whom he'd been friendly 25 years before.

Simply by stopping the car and inviting her to take a ride to wherever she was going, he re-established a relationship which is still going strong and giving both of them great joy and happiness.

No wonder that his motto was "better born lucky than rich"!

He demonstrated that statement to be true for himself over and over again throughout his life.

And note this: his good fortune was not based on the fact that he really was intrinsically lucky; it was based on the fact that *he believed he was lucky*. And so, that was how his life played out – marked by one piece of good fortune after another.

Luck, Good Fortune, And Personal Power

Now, on the matter of luck, just as an aside, I want to mention a piece of research done by scientists.

These researchers set up a situation where people thought they were coming in for an interview to take part in a psychological study about attitudes to luck.

But the real experiment was more subtle: the scientists put a \$10 bill on the sidewalk outside the venue where each woman or man would pass it on their way into the interview.

The scientists noted who picked up the money and who did not.

Then, without referring to the money, the researchers asked all the people coming to see them if they would describe themselves as "lucky".

And you may not be surprised to hear that the people who believed themselves to be "lucky" were the ones who consistently saw and picked up the money.

Yet the money was in plain view of everyone. If only they'd seen it....

What this demonstrates beyond question is that your attitude of mind, your beliefs about what the world will provide and how lucky you are, determines whether or not you see the opportunities around you and take advantage of them.

Once again, the truth is that what you believe about yourself determines how your life plays out.

So dealing with limiting beliefs is absolutely vital for success in manifestation.

In fact, I believe the reason manifestation doesn't work for the majority of people who try it is because they do not deal with the limiting beliefs they hold about themselves.

Let me give you a few more examples to make the point.

First of all, a woman came to see me complaining that she had been visualizing herself in a wonderful romantic relationship, walking along the beach hand-in-hand, enjoying great sex with a man who truly loved her, honored her, and respected her.

She hadn't even tried to make the image of the man specific – she'd left it open to the universe, quite reasonably, to provide the man who could make her happy and who would be honest and faithful.

And she'd been doing this for several weeks. She'd also taken action: she'd joined a dating club and several local societies. But... you guessed it! Nothing.

Not the merest sniff of an eligible bachelor. Or indeed any other man for that matter.

And of course she complained: she complained that manifestation was a silly idea that didn't work. That it was all a delusion promoted by “flaky new age gurus”, as she put it.

And of course it was easy to see her pain and grief in the language that she was using about her failure to manifest what she wanted.

But when we started talking it didn't really take me long to work out what had gone wrong.

She'd had a series of more or less abusive relationships, and it turned out that she had been abused emotionally and physically by her family members when she was a girl.

Her expectations of life as an adult were completely formed by her childhood experience: she expected men to treat her badly.

That was how she saw the world.

And she hadn't done any work on improving her self-esteem or changing her expectations. She was simply visualizing a relationship with a wonderful man – while she didn't actually believe that she could have such a thing.

Needless to say, she didn't.

Yet her difficulty was understanding why, when she had such a clear vision of the kind of relationship she wanted, it simply wasn't happening for her.

"Surely," she said, "if I form an image of a wonderful man and a beautiful relationship, and I put energy into that, then it's bound to come to pass if what you say about the law of attraction is true?"

But the truth is this: you must have absolute belief in the possibility of your desires manifesting before that can happen.

Let me repeat that: you need to have absolute belief that what you are trying to manifest is possible.

Right now, you might be thinking – “Surely, I know what I believe and what I don’t.”

Regrettably that isn't so. As I already explained, a lot of the beliefs we hold about ourselves and the world around us are held in the unconscious, so you're not even aware of them.

I know a lot of people find this challenging, so let me try and make it clearer to you how this works: have a look at the list of questions below, and see which of them resonate with you

- Money is the root of all goodness.
- It's easier for a rich man to enter the kingdom of heaven than for a camel to pass through the eye of a needle.
- The poor get rich and the rich get even richer.
- Money is a great blessing and creates happiness.
- The richest people in the world are among the happiest.
- Money really does grow on trees.
- Money is one of the easiest things to accumulate that you could possibly imagine.
- There's no need to provide for the future because money will always be available to meet your needs.
- The more I spend, the more I possess.

- There are more than enough resources for every single person on this planet to be abundantly wealthy.

Now of course I'm playing with you here. You probably had a gut reaction to some of those statements. But when I tell you that I believe every one of those statements to be true, how do you respond?

You see, it's only matter of perspective. What I've written above may or may not be true. It doesn't matter. **What matters is what I believe to be true.**

So if I believe it's better to be born lucky than rich and indeed I believe I was born lucky, then my life is going to be full of "happy coincidences" and lucky events that give me what I want.

The average person, I've come to discover, holds more negative beliefs about themselves than you could begin to imagine - both around the likelihood of being successful (low), and the likelihood of their generating prosperity or becoming abundant, being happy, or being healthy (even lower).

Indeed, without being too cynical about it, I've met many more people who believe that "life's a bitch then you die" than people who believe "life is absolutely fantastic, fulfilling, full of opportunities, and can give me everything I desire".

I hope I've made my point about limiting beliefs.

I suppose the one question which lingers in the air, and needs to be answered, is why total belief in the possibility of what you're trying to manifest is necessary for you to get it in your life.

There's no easy answer to that question.

The simple way of dealing with it is to say that total belief is an attractive positive force which goes out into the universe and activates a sequence of events which brings your desired objective to you.

And even the slightest doubt about the possibility of you manifesting successfully is a negative force, which doesn't so much repel those things from you as lead you to an outcome consistent with what you do believe.

In other words you're always getting what you believe to be true.

If you believe that “life's a bitch and then you die”, that's pretty much how life is going to be.

No matter how much time and effort you spend trying to make your life into something more positive, as long as you fundamentally believe life's a bitch and then you die, that's how it will be.

So you can visualize \$1 million in your bank account all day long, but if you believe you simply can't accumulate money, or that poverty is your inheritance, or your culture says money is evil or there's something wrong with wanting it, then the universe will not respond to the messages you're putting out about acquiring more money.

Dealing with Limiting Beliefs

I can only tell you what I believe to be true based on many years' experience in all aspects of human growth and development.

Working on myself, working with clients, working with large groups of men and women, and working with individual clients has taught me some things that always seem to be true.

First and foremost among those is the fact that you have to eliminate limiting beliefs – which almost always stop you getting what you want.

No doubt you're wondering how you can eliminate negative beliefs. Fortunately, there are many ways you can do this.

They range from individual therapy through to self-help techniques, and they pass through all kinds of psychological techniques and tricks on the way.

One of the best is self-hypnosis.

All that this means, really, is putting yourself into a relaxed state and then playing recordings which reprogram your unconscious to eliminate the negative beliefs you have about yourself and replace them with a much more positive set of expectations.

I've seen some truly magical transformations in people's ability to believe positive things about themselves – and manifest successfully – through the use of self-hypnosis.

You see, just as the subconscious absorbed a lot of information in childhood which is now not helping you, it can absorb new information right now, in adulthood, which can transform your beliefs about yourself and your outlook on the world.

So I'm going to provide you with three recordings that you can use to change the beliefs you hold about yourself in certain specific areas.

In addition, I'm going to suggest where you can get other recordings to work on other subjects that you might want to manifest.

I'm also going to make some other suggestions about techniques which can change what you believe to be true about yourself at a subconscious level.

Here are some of the best.....

Ways To Destroy Self Limiting Beliefs

The best ways to destroy limiting beliefs are, I believe,

- (1) Self Hypnosis**
- (2) EFT or Emotional Freedom Technique**
- (3) The Lefkoe Method**
- (4) Shadow Work**

You can find out all about these, and how to choose your personal best method of destroying limiting beliefs, below.

1 Self Hypnosis

Self-Hypnosis uses your subconscious mind to help you change unconscious beliefs that have been getting in your way of achieving what you really want in life. In fact, self-hypnosis gets your unconscious mind on YOUR side, so you can create better results in your life!

When you learn self-hypnosis, you learn successful thought patterns. Successful thought patterns are what ultimately create the results you have in your life. Do you want to achieve your goals? Do you want to enjoy deeper, more fulfilling relationships? What do YOU want?

Whatever it is, self-hypnosis could be the answer. It's been around for hundreds of years. And while the techniques of visualization and self-hypnosis are effective, few people know how to really make use of them. Even fewer actually apply them.

You see, one of the core elements of self-hypnosis is visualization, which can help you gain self-control and self-mastery, giving you the ability to achieve all the goals you have in life. Self confidence and self esteem are easy to attain, too – in fact, life may never be the same again!

Self hypnosis is easy and straightforward – you simply play a relaxing audio recording to yourself as you sit comfortably in a chair or as you relax lying down on a bed. As you relax, in both body and mind, your conscious mind stops filtering the new, positive, suggestions on the recording, and allows them to enter deeply into the subconscious mind, where they can eliminate and replace negative and limiting beliefs.

I have researched the most well known companies in the field and chosen the best two for you – Hyptalk.com and Hypnosisdownloads.com. There are links to their products below. Have a look at both and choose the one which appeals most to you....

Hypstalk.com

Although I've highlighted the Manifest Money series below, Hypstalk have a complete range of recordings in both MP3 and CD format which cover all areas of manifestation and removing limiting beliefs. [Click here to find out more.](#)



HypnosisDownloads.com

You can see all their amazing products [here](#), but a great place to start is with their 10 steps programs, which offer transformation in every area of your life. [Click below to find out more.](#)

10 steps
to a stellar
success
mindset

Blueprint your brain
to succeed.

[Click for details >>](#)

hypnosis
downloads

2 EFT (Emotional Freedom Technique)

[Here's a link to the website of one of best experts in the world.](#)

We are, just as everything else is, made of energy.

Memories (the happy ones and the traumatic ones) are energy. Beliefs (the empowering ones and the limiting ones) are energy. Expectations (of success or doom), team harmony and conflict, financial wealth or poverty and business flow or struggle – it's all energy.

Once you address issues where it matters, at source, at its root – which is what EFT does – then things can change. Until then, everything is pretty much window dressing. If you haven't yet, you may want to read the various newspaper and magazine articles or published research about the tapping phenomenon of EFT.

It does not matter how long an issue you're struggling with has been present or which expert applied which model to come to what theoretical conclusion or acronym to explain your 'condition': when you change the energy, everything changes. EFT helps you do that, and often very quickly.

[Here's a link to the website of one of best experts in the world.](#)



3 The Lefkoe Method

[The official website can be found here](#)

Were you a child with parents who were very critical of you most of the time and who rarely acknowledged you for your achievements?

No matter what you did, they focused on what you didn't do and how you should have done better.... Really take a moment to imagine this.... If this was the pattern of their interactions with you, there literally would be tens of thousands of such instances by the time you were six or seven years old. And what do you think you would have concluded about yourself by this time?

If you were typical of most children, you'd have concluded that there was something wrong with you or you were not good enough. You would have experienced these beliefs as "the truth" about you as a child.

And today, as an adult, even though you might consciously realize the beliefs were silly and illogical, on some deep level you are still experiencing them as the truth about you.

If you looked carefully at the events that led to the belief, namely, your parents' behavior, you would realize that their behavior could have a number of different meanings, each one as valid as the one you chose, which was "I'm not good enough." For example:

- My parents thought that being critical would motivate me to excel.
- My parents had lousy parenting skills.
- My parents may have thought I wasn't good enough, but they were wrong.
- Maybe I wasn't good at doing certain things, but that doesn't mean I, as a person, am not good enough.
- Maybe my parents were dissatisfied with my behavior, but they didn't think I wasn't good enough.

If you were to recall your childhood interactions with your parents, it would seem to you that you could “see” that I’m not good enough. In other words, when you visualized your parents being critical, it would seem as if you also were visualizing “I’m not good enough”.

It’s as if your parent’s behavior inherently meant “I’m not good enough”. It would be so real to you that you could see your belief in the world that it seems you could say to someone: “If you were there watching my interactions with my parents, you also would see I’m not good enough.”

If I asked you to describe what “I’m not good enough” looks like, you would realize you couldn’t, because you never really did see it. All you actually saw was your parents’ behavior. And if that behavior could have a number of valid meanings – which it could – then it has no single inherent meaning. At which point you are forced to conclude that the only place that the meaning you gave it has ever existed has been as a belief in your mind.

When you reach this point, the belief has been transformed from “the truth” to “a truth” and is no longer a belief. If you were to state the words of the belief, they would sound silly and meaningless.

This short thought exercise explains why it usually is difficult to get rid of beliefs: we think we “saw” the belief. It is difficult to talk someone out of something they think they “saw.”

As soon, however, as we realize that we never saw the belief (i.e., the meaning we created) in the world, that the meaning existed only in our mind, the belief disappears.

While the goal of psychotherapy is to help you cope better with your problems – and it frequently does that very well – the purpose of the Lefkoe Method is to help you eliminate the problems totally, by eradicating the beliefs that are at their source.

For example, if you get rid of the beliefs that cause a lack of confidence, a concern with the opinions of others, or procrastination, those problems will disappear totally.

[The official website can be found here](#)

4 Shadow Work

Shadow Work® is a personal growth process which brings your hidden powers out of the shadow and into the light.

We all have these hidden powers within us. But we don't always allow ourselves to use them. We have all been hurt, and we have learned to hide parts of ourselves so we don't get hurt again.

Shadow Work® is a way to explore the inner landscape and discover the gold that is hiding in the shadows.

It is a way to become more and more who we really are. Shadow Work® is a way to face the hurt, the fear, the anger, and learn how to live more fully. Most of all, it is a way to love ourselves for the journeys we have chosen.

[Check it out here.](#)

How To Choose Your Method of Destroying Limiting Beliefs

At first sight, it might seem overwhelming to know where to start working on your limiting beliefs.

Rest assured that you have these beliefs – and be equally assured that it's necessary to work on them so that they lose their power, their power to disable you from achieving your goals.

The first thing you might want to consider simply letting them go. Often the simplest approach is the best!

Of course that presumes you know what your limiting beliefs actually are! But when you do know what your limiting beliefs are, perhaps in a certain area of your life, I believe that simply by sheer act of will you can often let them slide off of you.

Yes, just by forming an intention to do things differently, and exerting your willpower to make that happen, you can sometimes release limiting beliefs from the past.

At the same time, you can forgive the people who gave them to you, and adopt a new way of looking at the world, which is much more helpful and promising to you.

I like saying: “intention is everything.”

And to a large extent it is – you see, many of us make decisions but fail to carry them through. This is often because we are distracted by what’s going on in the world around us, whereas if we were able to consistently maintain our focus on our intention, then we would soon let go of limiting beliefs.

But of course life is full of distractions. That’s a fact.

And that’s the whole problem with limiting beliefs: the minute you take your eye off them they start reasserting themselves!

But there are always some beliefs which you can let go simply with a conscious act of intention; in other words, a conscious awareness that these beliefs don’t serve you any more, and a decision that you will do things differently in the future.

Even so, this approach won’t work for all your limiting beliefs, and you’ll still be left with the question of how to deal with them.

That’s especially true of the ones you’re not even aware of, because they tend to be the ones buried deepest in your unconscious; unsurprisingly, these also tend to be the hardest to deal with!

My recommendation is that you try hypnosis. Buy some tapes or recordings that you can play on headphones or an MP3 player, related to the goals that you’re trying to achieve – for example, financial, relationship, confidence... Or whatever.

And then play the recordings regularly, night and morning, just before you go to sleep, and just before you get up in the morning.

If you do that for 30 days you'll find your mindset completely transformed.

This works for a simple reason: just like the indiscriminating and undiscerning way in which your subconscious mind absorbed these limiting beliefs in your childhood, it will now accept anything that you program into it when your conscious mind is relaxed – which is exactly the state of mind which hypnosis produces.

It's a highly effective, powerful, and in some ways absolutely essential tool for anybody seeking to manifest a different way of life.

Chapter 7

Expectancy

Do you expect good things to happen to you?

Or do you wander around in a dreamworld of negativity, where your expectations about what's going to happen to you, about what the world is going to produce for you, are basically negative?

When you put yourself into a situation where you hope to get a certain outcome, do you guard against disappointment by *expecting* something negative to happen?

The thing is, what you expect from life depends on your past experiences, mostly on what you learned to expect from the world around you during childhood.

For negative experiences can teach any child not to hope or expect good things.

Disappointment is a killer as far as optimism is concerned.

So a negative attitude is all about how often we were disappointed as children, and what we come to believe about the world as a result.

Because, of course, your attitude to life as an adult depends on what you learned when you were a child.

If you learned that life was going to be a disappointment and you couldn't expect good things to happen – then that's what you will most likely believe and expect in adulthood.

Now, think for a moment about the difference between belief and expectation (or expectancy) – this is important.

A simple way of making this clear is to say: **I BELIEVE that a man or a woman can go to the moon. But I personally don't EXPECT to do so.**

And while that's partly because I don't want to go to the moon, it's also partly because I don't have that level of expectation.

Another example:

As one client said to me: "I **believe** that anyone can get into a wonderful romantic relationship. But for much of my life, I didn't **expect** this would happen to me, because basically I didn't **believe** I had enough positive qualities to attract a great relationship partner."

The difference between belief and expectancy is subtle, but it's an important one, so let's look at some dictionary definitions.

Belief is a noun, and it has two meanings:

1. An acceptance that a statement is true or that something exists. For example: "His belief in the value of hard work."
2. Trust, faith, or confidence in someone or something. For example: "A belief in democratic politics."

Synonyms: faith, trust, reliance, confidence, credence.

Whereas expectancy, which is also a noun, means something slightly different:

The state of thinking or hoping that something, especially something pleasant, will happen or be the case. For example: "They waited with an air of expectancy."

Synonyms: anticipation, expectation, eagerness, excitement.

The Triumph Of Belief Over Expectancy

When I was on holiday last year in Greece, I found lots of massage therapists on the beaches, offering back and foot massages to the people taking their vacations, as they were lying on the sun loungers.

And sure enough, every so often, a man or woman on a lounge sunbed would summon them over, and pay for a foot massage or a back massage.

But, as I watched, it became clear most of the massage therapists did not expect to succeed. They had a despondent air about them, no doubt coming from all the times they were rejected, more or less politely.

As a result, they expected to be rejected.

But at same time, they believed that every so often someone would buy their services. And the fact is, every so often someone did.

As I watched them, I wondered what would happen if they increased their level of expectancy or expectation (these two words mean the same thing)?

By projecting an attitude of negativity, giving off an expectation that most people would reject them, they were creating more rejection.

People who might have been on the verge of deciding to have a massage would probably be discouraged by the fact that most of the massage therapists turned away so easily and quickly - at the first hint of rejection, in fact!

Mateo tells a similar story on his website:

A story about a boy.

Just the other day I was sitting on the beach and meditating while watching the sunset.

Out of nowhere a little boy around the age of 6 came up to me and asked me if I wanted to buy one of the Lei's (flower necklaces) he had around his neck.

I smiled, turned around and reached into my satchel and took out the equivalent of around \$5.

As soon as I turned around to give him the money, I saw that he was already several feet away and that he was walking away with his head down.

He had interpreted my action of turning around to get the money as a way of rejecting him and he had immediately decided to give up and walk away!

I had to verbally call him back and give him the money. The boy looked at me in disbelief and I wished I could speak the same language as him so I could explain to him the potential belief shift he could make at that given moment.

He turned around and walked away with a smile on his face, but it remains a mystery whether or not he learned the real lesson.

The Universe Responds To Expectation Combined With Desire

Truth is, the universe doesn't reward desire alone, it rewards desire combined with an absolute expectation of an outcome.

The boy had the desire to sell me something and make money, but as soon as he met what he perceived as adversity, he gave up and started walking away. The only difference is that the universe won't call you back to give you your reward if you don't have faith and just give up whenever you face challenges.

It was shocking to me that this boy was only 5-6 years old and had already been programmed to react to adversity by giving up.

If someone could be socially programmed to that effect in just 5 years, it is rather understandable how so many adults walk around with lots of wishes and desires, but no real expectation and faith in that they can actually fulfill their dreams.

The Importance Of Expectation And Desire

Let's work on the assumption that every thought you have, every attitude and belief you hold in your subconscious, and every action you take, require energy to support them.

They also discharge energy into the universe when you think, express or act on them.

It's a very simple idea but fundamental to manifestation.

If your belief is that you potentially could – let's say – earn \$1 million this year, but your thoughts constantly turn to doubts and challenges and problems so that you have no real expectation of ever achieving that goal, then you are simply putting energy into that negative expectation, and it will kill the chance of you manifesting the million dollars stone dead.

In other words, negative expectations stop positive manifestation. It's also possible that negative expectations create negative outcomes.

Certainly we know that manifesting anything requires a lot of energy in the form of intention, desire, or positive emotion. And that energy has to be sustained over a period of time to ensure that manifestation happens.

One of the problems that people face when they're trying to manifest anything is that their minds are distracted easily by what's happening to them in everyday life.

Only by conscious effort can you maintain your focus on the goal that you wish to achieve manifest in life.

Now, having said that, negative thoughts and doubts are probably less of a problem than most people think, because they tend to be transient and short lived.

But when somebody is *constantly* thinking about the negative things that could happen, when they have negative expectations about every aspect of their lives, and when these negative expectations occupy their minds for much of the time, then yes, you could certainly expect negative manifestation.

So if you went to manifest successfully, when you set your goal you must have faith, a firm expectation that you will reach your goal at some point in your life, and you must keep that expectation positive.

When people talk about "getting out of your own way" what they mean is first abandoning the negative beliefs which stop you striving for what you can achieve AND also abandoning the negative expectations which stop you getting it.

Getting Out Of Your Own Way

One of the important things here is to change your expectations so they are more positive, so they can encompass the possibility you will indeed get what you wish to manifest.

Just consider for a moment how your expectations guide you through life.

When you get up in the morning, do you expect to have a positive day, full of success and achievement, with positive events, positive conversations with other people, positive relationships with your spouse and family and children?

Do you expect your work to go well, to go positively, and to feed your confidence and belief in human nature?

And do you expect whatever happens to reinforce your belief in yourself?

Or do you, perhaps like most people, have some negative expectations? For example, did you find yourself saying even as I asked you the questions above, something like this: "But with my job how could I possibly expect things to go well?"

To be honest, I think most of us probably have negative expectations of life.

The question is, what can we do about it?

Glad you asked!

The first and simplest thing you can do is to change your behavior so that it matches your expectations.

For example, if you really expected to have a new car, for example, you might want to make room for it in your garage.

Such a simple action is a demonstration of faith. Of expectancy. Of hope. Of entering into the possibility that your desires will be fulfilled.

Suppose you want a new relationship? Or you want to go out on a date with an exciting new partner?

You could start by planning what you would wear on your first date and where you would go. You could go window shopping or explore the possibilities for evenings out in your area.

If you want a new house, you could start looking at property for sale, looking online, or exploring areas where you might want to live.

It's important, of course, that you don't do anything that's going to make the situation worse – for example it may be self defeating to set a goal of \$1 million income in the next year and then to start spending money as though you already had it!

All you need to do is take small actions which shift your expectations from negative to positive, or even more fundamentally, simply give you a new perspective on life and open up new possibilities.

But at the end of the day, whether or not you expect something to happen depends on what you believe to be true about yourself and your position in the world.

So, as always, it's important to start by changing what you believe about yourself and your relationship to the world.

In this context, I refer you back to the chapter on belief where I made several suggestions about how you could change the beliefs which hold you back from achieving your full potential.

You may well find that once you've changed the beliefs you hold about yourself, your expectations of what life has to offer you – and of what you can manifest – become more aligned with your true potential and possibility.

And that possibility and potential isn't going to be the same as anyone else's.

The beliefs you hold about yourself are so fundamental and deep within you that you can work on them your entire life and still not eliminate all the negative beliefs you have.

Fortunately, however, that's not the purpose of working on negative beliefs.

The purpose of working on negative beliefs is really to allow you to achieve what you want to achieve in life.

Not all of us want to be a successful businessman like Richard Branson, or President of the United States like Barack Obama, or a respected world Elder like Nelson Mandela. Or a human savior like Mother Theresa. Or a world politician like Hillary Clinton.

All of us have different objectives and desires and wishes, and your fundamental purpose in life will reflect your innate capabilities, talents and potential.

And that's where you need to focus your efforts, not on trying to achieve something that doesn't suit who you are at the deepest level of your values and beliefs.

Which is why only you can set your goals and objectives, and why only you can work on the beliefs which stop you manifesting your true potential.

Negative Expectations and Manifestation

It's really important you understand how negative expectations can impact manifestation.

Some people find they have the ability to visualize their goals and desired outcomes very easily, and they can focus on them and believe they will come to them while they're in a relaxed state of mind.... But –

as soon as they go back into the world, they find themselves flooded with doubts – with negative expectations, in fact.

One way to deal with this is to start by setting objectives which can give you more confidence in what you're trying to achieve.

If you're looking to manifest money, why not start with small amounts such as \$10 or \$100 ?

For, if your expectations are negative rather than positive, then you can reinforce them by having small successes and building on those.

Each time you achieve something bigger and better, your expectancy grows, which reinforces your belief that you'll be able to manifest something even greater next time.

After all, what you expect to achieve in life is only the product of your past experience; when your past experiences are positive and growing bit by bit, your confidence and faith will grow too – and then you will find that manifesting what you want becomes second nature.

It's a simple and obvious process, and as we shall see in the practical instructions on manifestation, you don't actually need to spend a lot of time every day visualizing your objective.

It's much more important that you have intense desire, complete belief, and positive expectations.

That way you're really going to be successful.

Chapter 8

Taking Action To Manifest Your Goal

As you know, the very first and simplest step in manifesting anything is simply to decide what you want.

Many people spend a lot of time puzzling over what it is they want, how they are going to get it, and even what action steps they need to take to make it manifest.

But nothing comes before the decision to achieve something.

And that's a decision which needs to be made with clear intention. It's the cause of everything that follows, including the action steps you take to make your goal manifest in the physical world.

So, for example, if you want to start a business, you must simply decide that's what you're going to do, with a clear and firm intention.

If you want to get married, then simply decide that's what's going to happen – that you're going to attract a mate.

If you want to change your financial situation for the better, then make the decision clearly and firmly that that's what you're going to do.

These decisions, made with clear intention, are the start of all manifestation.

Don't worry about what action you have to take. Don't worry about how it's going to be achieved.

Your clarity about how you're going to get from **where you are now** to **where you want to be** will come after you've made your decision and started to use the techniques of manifestation.

It's obvious, really, that the first thing you have to do whenever you're manifesting anything is decide what you want and then make the decision that you're going to get it.

At this stage you don't need to start figuring out whether or not your goal is possible. You just need to take some action. It doesn't even have to be the right action, though it's helpful if it moves you towards your goal rather than in any other direction!

If you're not following quite the right path, the universe will show you the adjustments needed along the way, to get what it is that you really need and want to achieve.

All of this is just another way of saying that the cause of any manifestation is your intention.

Intention Is Everything (Well, Almost!)

After you've set your intention, you have to do certain things: those are set out in the "executive summary" of the manifestation process, which I've described at the start of this e-book. For example, you have to visualize your goal for a certain amount of time every day.

Visualization is the key process which will make the universe respond to your intention to change your life in some way.

Yet visualization, with the support of emotional energy generated by your intense desire, belief and expectancy, together with the emotion of gratitude (or any other technique you're using) will only take you so far.

You also have to take action.

A lot of people find that once they've set their intention it's easy to visualize their desired outcome or goal in their minds, but they get stuck on the question of what action they need to take to make that goal appear in their world.

Here's an astounding story about action (or the lack of it)!

One man wrote to me to complain that manifestation wasn't working for him.

When I asked him what had gone wrong, he said "I want to be a concert pianist, but I'm getting nowhere."

Naturally, I assumed he was a competent pianist who was seeking to raise the standard of his performance and find outlets where he could perform in public.

To my astonishment, I discovered he couldn't even play the piano. All he was doing was sitting in his chair, visualizing himself on stage, playing the piano in front of a large audience!

Is this an extreme example? I hope so. And I'm sure nobody reading this book is going to limit themselves in that way. But it makes the point, doesn't it?

You have to DO something.....

That man's goal to perform on stage in front of an audience needed supporting action.

To start with he might have got some musical tuition – intensive musical tuition, both theory and practical, and tuition on playing the piano.

Right from the start, he might have found ways to perform, starting small no doubt, but working up to more sophisticated performances with larger audiences.

And who knows whether or not his desire would ever have been fulfilled – the world of professional performance is defined by commitment, skill, talent and dedication.

But at least he would have been taking action steps to make his dream come true.

And that is what we all have to do, no matter what we are trying to manifest in the world.

You included.

Like I said, you don't need to try and figure out whether or not your goal is possible. That's the kind of action people take when they're at a low

level of consciousness, a low level of belief, or when they lack commitment to themselves.

Knowing if it's the right goal is very simple: ask yourself if you believe it's possible. Then ask yourself if it's what you really want.

If you have doubts in your mind about whether or not you're going to achieve something, you'll very likely to manifest evidence to prove those doubts are justified!

Equally, if you have a firm belief in your mind that what you're trying to do is possible and that you will achieve it, then you're likely to manifest evidence to prove that point of view.

As they say, success breeds success.

Indecision, frankly, is simply a lack of commitment. Doubt is simply a lack of belief.

And you can be 100% sure that the universe can actually sense any lack of commitment. If it does, you won't be successful....

Success with the magic of manifestation is all about what kind of energy you're putting out – energy which shows you're committed to achieving a goal, come what may.

And frankly, when you're completely committed, the universe will support you more than you could ever dream, and you'll move towards your goal faster and easier than you could even begin to imagine.

Action & Inaction

One question in everybody's mind at this point is: "Well, what sort of action do I have to take to help the universe manifest what I'm trying to get?"

Broadly speaking, if you read the literature on manifestation, you'll find that "experts" recommend either of two courses of action: massive action or small incremental steps.

This seems completely crazy. How can people recommend two completely different types of action as being essential to manifestation?

Massive action makes me think of burning all your bridges, so that you have nowhere to go but forward.

The other approach makes me think of incremental change - something you do in small steps that don't necessarily even stretch you.

One way of looking at this is to assume that what you believe to be true about the process of manifestation will become your truth.

In other words, if you believe that taking massive action is necessary to convince the universe of your sincerity around getting a particular objective, then that's what's true for you – and that's how your process will work.

On the other hand, if you believe you can take small incremental steps, and they will guide you remorselessly toward your goal, then that will be true for you too, and that's how your process will work.

But the question deserves a little bit more consideration. After all, it is odd that people should start from such different fundamental positions.

So let's begin by looking at exactly what people mean when they talk about taking "massive action" or "small steps".

Massive Action Or Small Steps?

Tony Robbins has used the expression “massive action” more than anyone else. So I went to see what he has to say about it. He gives an example of what he calls his “Rapid Planning Method”. This was an example which involved a guy who was trying to lose 30 pounds in the next 90 days.

Tony’s suggested “massive action plan” was:

- 1 Start researching effective diet strategies – today!
- 2 Make an appointment with the doctor to consult on safe choices of diet
- 3 Pick the best diet and start following it
- 4 Shop at whole food shops for healthier options
- 5 Shop for a pair of walking, running, or exercise sneakers
- 6 Hire a trainer for three times a week workouts

Now I don’t know about you, but I wouldn’t call these massive action steps, I’d call them simple straightforward things to do that are necessary to lose 30 pounds of fat in the next 90 days!

What I’m saying here is that “massive action” simply means taking some positive, clear, decisive action.

It means doing something – perhaps almost anything – which moves you in the direction of your goal.

Let’s look at some more examples.

Years ago, I was an aspiring writer. At the time I didn’t know anything about the publishing industry, I didn’t know anything about how books were produced, and I didn’t know anything about how books were marketed, but I certainly knew I could write well and I believed I had something important to tell the world.

So what did I do?

I sat down and I started writing.

Now I suppose you could consider that to be massive action, because I didn't have a publisher or a contract; I just had grit and determination – and I was certain I had something of value to share with the world.

For me, this was neither massive action nor incremental action.

It was just what I had to do.

Having since interviewed many authors and experts on manifestation, I've come to the conclusion that what I think of as the normal things one has to do to manifest a goal are what the majority of manifestation gurus think of as "massive action".

Sure, if you think that sitting down and writing for six hours a day every day is massive action, then call it that.

That's what I did to get my first book published. And when I'd written it, typed it up (this was in the days before word processors), and proofed it, I got 10 copies made and sent them off to 10 publishers.

And sure enough, I got a contract.

Was that massive action? I don't know. To me it seems like the normal steps in moving towards a goal of getting a book published.

Let's look at another example.

A friend of mine spent many years unable to form a long-term relationship – just having short-term meetings and assignations, and no doubt enjoying them very much, but ultimately feeling dissatisfied because he wasn't in an intimate long-term union with his chosen life partner.

No matter what he did, he didn't seem able to find the woman for him – and indeed began to believe his fate was to spend his life outside a relationship, without a long-term partner.

And then, one day, after seeing his friends getting married and starting to raise families, he simply decided – as he later told me – that he'd had enough of being alone.

He simply *decided* to get into a relationship. The pain of being alone was greater than the fear and limiting beliefs which held him back from meeting women.

So he spent an hour or more every afternoon visualizing what it would be like to be in a wonderful heart-warming relationship with a dearly loved partner.

He envisaged them making love in great detail.

He visualized where they would go together, and how their lives would be.

Was this massive action? I don't know whether you could call it massive action or not. I'd call it "dedication to a goal" and "demonstration of commitment" by taking positive action to move in the direction of that goal.

Next, he went to see a counselor or therapist to explore why he was having difficulty getting into a relationship and to work through the issues that were preventing him establishing a long-term bond with a woman.

Needless to say, of course, as you'll know if you've read the chapter on limiting beliefs, the inhibitions and difficulties he had in his mind were all the result of what he'd been taught or learned during childhood about how lovable and desirable he was – or, more accurately, wasn't.

When he eliminated these limiting beliefs, corrected those impressions and replaced them with non-limiting beliefs, he knew he was certain to find a partner.

In short, he stood a much better chance of finding a woman when he made the decision to do so! And he knew he would cement his chances when he took action....

And so he went on holiday to a Greek island where there was a holistic retreat centre which attracted considerably more women than men. Now, there's an action-step-and-a-half!

And sure enough, during this vacation he met a woman who was deeply attractive, in every way the vision of his lifelong partner, and they had a relationship going within four days of meeting – a relationship which, at the last time of talking to him, 14 years on, was still going strong.

But what did he do? Was that massive action, or was it just the normal kind of action which demonstrates your commitment to a goal you've set yourself?

Would you call it small incremental steps? Or massive action?

I think of all of these examples as involving small incremental steps of action which build one on top of another. After all, they are the kind of things you have to do to manifest your goals.

You have to write a book if you want to be a published author.

You have to do something to prepare yourself for being in a relationship.

You have to write a business plan and network if you want to start a company.

Bottom line, the truth is this: you always have to do something to get what you want.

Whether you call it massive action or small incremental steps, you have to do something.

There's no point sitting around debating the meaning of action, or the size of the steps you have to take.

So I'm going to reveal to you now a fundamental and compelling truth about action and manifestation: are you ready for it?

You'd better be, because this might be the most significant key to success you ever learn.

Just do something.

Yes, it really is that simple. What you do doesn't have to be easy or difficult. It doesn't have to be large or small. It doesn't have to be world changing or insignificant.

It just has to demonstrate your commitment to your goal, to your stated intention, to your decision to change your life.

Which brings us on to another logical question, which is: when this seems such an obvious thing, why do so many people in the field of manifestation lay such emphasis on the need to take action?

Sadly I think you might already know the answer to that question.

Very few people ever actually DO anything to manifest their goals.

Just think about that for a moment.

I don't know how many millions of copies **The Secret** have been sold, but I think we can assume it was tens of millions. So why aren't there more reports of people manifesting what they want and changing their lives because of it?

The problem lies in the fact that many of the people who were disappointed with the results they achieved did not take any action.

Either they didn't know what to do, or they didn't do it with enough commitment, or they did something that took them in a different direction, or they did something which really expressed their doubts about the goals they'd set for themselves.

And I know you are not going to do that.

You are one of the people who are going to succeed. And the reason you're going to succeed is because once you've made a clear decision to take action, you will stick to it and see it through.

After all, isn't that why you're interested in manifestation in the first place?

To change your life for the better?

You see, at this stage, there's another decision you have to make.

You've learned the theory of manifestation, and you might have even tried visualization (and I'm certain that you've decided what you want to achieve!)

Now: you have to actually take action to get what you want.

And whether you do take action, or not, instantly reveals how committed you are to your goal – or not.

At the risk of stating the obvious, once again, I'd like to make the point that if you aren't committed to your goal, the universe will know just by the way in which you conduct yourself and your chances of manifesting what you want always match your level of commitment.

Low commitment = no manifestation. High commitment = manifestation.

If you have a burning desire, passionate belief, and total expectancy that you'll get what you want, AND you take action of some kind which moves you in the general direction you want to go, then success is assured.

The Nature of Action

I don't care whether you call it massive action or incremental steps.

What I know about action is that it's the pursuit of your goal by taking deliberate and committed action which puts you in a position to achieve massive changes in your life.

It's the application of focused, concentrated energy towards a specific goal.

You might need to be creative, to “think outside the box”, and you might need to do something that seems to you to be a brave step.

I guess for anybody who’s not in a relationship and wants to be in one, or anybody wants to be in a great relationship instead of a mediocre one, that putting themselves out there and making themselves vulnerable does require bravery.

But that’s what commitment means.

If you’re a writer, and you want to be a million selling published author, then you have to expose yourself to the possibility of rejection by those who don’t share your vision.

If you want to start a business, you have to decide what product you’re going to sell and then take some steps to get inventory and market it, regardless of your fear that customers won’t come.

Obviously, there’s no way round this. Procrastination about facing reality is just going to stop you achieving anything.

Never was there a more appropriate expression than “Just Do It”.

You can’t wait for your plan and your life situation to be perfect, because they never will be.

But, once you pluck up the courage and take that first step, your momentum will keep you going, overcome fear, and help you achieve what it is you want.

Knowledge and Power

You see, knowledge may be *powerful*, but it’s only *practical* when it’s combined with action. That’s one reason why you may find it helpful to buddy up with somebody who can support you in the achievement of your goals and objectives.

Here are some keys to success!

A Clear Vision Is Essential

It's absolutely critical that you understand taking steps in a random way is not the work.

You need to have a plan which moves you in the general direction of your goal.

And of course, without a shadow of doubt, you need to have a clear goal to which you're completely committed.

Adjust Your Path As You Go

A lot of people are deterred from following their heart because they think they need a direct path from here to their destination, and they cannot see it in any way, shape or form. But that's too big a step for most people.

All you need to do is take steps which guide you in the general direction of where you want to go.

Doing that will allow you to evaluate your plan and refine it as you go. (And besides which, if you're really committed to something, the universe will always show you the next step to take.)

Value and Manage Your Time

Don't allow yourself to be distracted by ephemera and flim-flam. Keep your focus on what you're trying to achieve and be disciplined enough with yourself to keep on doing it, even when the tempting distractions that seem easy and trivial come along.

If you work on the internet these might be Facebook, Twitter and the like. If you work in an office, these might be gossips, long lunches, aimless surfing... and so on. Look, if you want success, you need to be disciplined.

You need to rise higher than everyone else. You need to stand out with your determination and commitment and perseverance.

Start Right Now

Like I said, your circumstances, your plan, your knowledge, your talents, your abilities, will never be perfect. But fortunately you are not doing this alone – there are plenty of other people out there who can help you.

To wait for the ideal situation is a shibboleth, a distraction, a way of avoiding taking action. All you need to do is start moving courageously in a focused way towards your goals, taking whatever steps you need to overcome obstacles in your way.

Don't Worry About The "Cursed How's"

I can't emphasize enough that the more time you spend wondering how you're going to achieve your goal, the less effective you will be.

If you remember, the whole philosophy of manifestation is about belief and commitment. By worrying about "how" something is going to happen, you are demonstrating to the universe that you have doubts that it will happen.

This is the issue of faith in manifestation: you must believe that what you want can happen.

That's the only absolute requirement you face. When you believe that what you want to happen can happen, you won't have any doubts. You just know that it will happen.

And when you know that something will happen, you don't need to worry about how it's going to manifest. What you'll find is that a series of small steps and coincidences and synchronicities will guide you in the right direction.

And that is truly the magic of manifestation.

Start Today – There's Never Going to Be A Better Time

Once you've started to move toward your goal, you tend to keep moving.

Remember the wonderful expression: “The world makes way for a woman or man who knows where they’re going.”

So all you have to do today is to simply choose one action step that will take you in the direction of your goal.

Maybe it’s just going out to buy a journal in which to record your thoughts and feelings. Maybe it’s more substantive like making a phone call to an employment agency, or joining a dating site on the Internet.

Maybe it’s bigger than that, like taking up an exercise program, committing to a diet, or engaging a psychotherapist to help you overcome your psychological challenges.

Maybe it’s signing up for a self hypnosis program that will allow you to overcome your limiting beliefs and engage in the massive action necessary to bring about whatever it is that you want to achieve.

Only you know what the next step will be.

A friend of mine read about manifestation and was moved to take his extraordinary skills as an amateur cook to a professional level. He decided to become a professional chef.

His first step was to research training programs on the Internet. And he found one which seemed ideal.

He had no money, but he decided he was going to pursue this dream come what may. His next brave step, made with complete commitment and total belief, was to sign up for the course and then he discovered that the college he’d chosen offered a bursary fund for people with limited income.

Coincidence? Synchronicity? Serendipity? Yes, all of those things, for that is the miracle of manifestation.

Decide right NOW what you can do TODAY to take you in the general direction of your goal – and then DO IT.

And once you've done it, keep moving. If your goal is important enough to you, you can't afford to stop. In fact, your energy will keep you going forward as you take one step after another.

And that's where it helps to have a plan: a plan of what you're going to do today, this week, this month, this year, set out step-by-step.

Example of An Action Plan

Goal:

To lose 30 pounds in the next three months.

Outcomes:

To feel better about myself.

To reduce the risk of heart disease.

To have women look at me like they once did.

Action Steps:

Today

- 1 Research weight loss strategies
- 2 Choose the right diet for me

This week

- 1 Start following that diet
- 2 Shop for the healthy foods I need for the diet

This month

- 1 Get some fitness gear
- 2 Hire a personal trainer
- 3 Start a regime of 3 workouts each week

Now I know that your objectives might not be around losing weight, but the principle is exactly the same.

You don't want to try and keep everything in your head, because that's just stressful.

You don't want to spend an infinite amount of time trying to work out the exact details of how you're going to achieve your goal, because that's just procrastination.

Instead, you can decide upon simple, straightforward action steps whatever your objective might be, and then you can carry them out.

That is the true demonstration of your commitment to yourself.

That is the way in which you too can be a part of the magic of manifestation.

You can use the template above for your own goals, or you can develop one which suits you. But just do it.

Just Do Something! Today!

And tomorrow.

And the next day.

And the day after that.

And the day after that.

And forever more....

Chapter 9

How To Visualize Your Desired Outcomes

Visualization is the key to manifestation.

The simple and straightforward truth behind any successful manifestation is this: what you can create in the physical world depends on your ability to first imagine it in your mind.

As Napoleon Hill put it: “Whatever the mind can conceive and believe, the mind can achieve.”

Think of visualization as a way in which you can program your subconscious with the blueprint of what you’re trying to create.

There are, no doubt, other ways to communicate with the subconscious – if you’ve read the chapter on limiting beliefs, for example, you’ll know that one way you can change limiting beliefs is by reprogramming your subconscious mind using hypnotic techniques.

But when you’re visualizing something with the intention of manifesting it, the difference is that you have to be in control of the images you create.

It’s often said that the subconscious mind can’t distinguish between imagination and reality. And that seems to be backed up by the way manifestation works.

For it seems that everyone who is successful with manifestation uses the same technique: visualization.

What Does “Visualization” Really Mean?

There’s a simple way to understand this, which is simply to close your eyes for a moment and summon up a picture of something that happened to you recently, or perhaps a picture of somebody dear to you - your children or partner or a close friend, maybe.

You're not seeing with your eyes; you're imagining in your "mind's eye" an image of your desired outcome.

This shows the brain is responsible for perception of visual images, not the eyes, and so you don't need to "see" with your eyes to create an image in your mind.

If you try and see things, as it were, on the back of your eyelids, using them as a screen, you're going about this the wrong way. A better process is to imagine the scene playing out in front of you – that way, even though it's in your mind, you may find it easier to create the images you want to manifest.

But the best way of all is to shut your eyes, to go inside yourself, and to be aware of the power of your mind to create mental imagery.

As always, intention is everything.

Here, you need to have a clear intention to create an image of a scene which would encapsulate your life as it will be when you've manifested your desired outcomes.

You can even play a kind of movie in your mind.

Imagine a sequence of scenes depicting different aspects of your desired outcome, so that you get an energetic feel of how it will be in real life when you're living those images.

Just ask yourself what it would look like if your desired outcome was your current reality.

What would you be doing? Where would you be doing it? Who would you be doing it with? What surroundings would be visible to you?

Anything that lets you anchor the scene as a real image in your mind is needed here. Because the images you create in your imagination will communicate your goal to your subconscious – and this effectively tells the subconscious to create that reality in physical form around you.

You are, in short, reprogramming yourself with a new vision of your own future.

And with the aid of “emotional fuel” (which I explain in the next chapter), the subconscious can then convey this image of your reality to the universe around you.

And since the universe around you is responsible for the manifestation of everything in your life, it will take the message from your mind, and begin to set in process the events which need to happen to create this new reality for you.

So at this stage, I hope it’s clear that you have two things to focus on while you’re visualizing your desired outcome:

- A scene or image of what you want to achieve or create in your life, as though it was already present in your life
- and the emotional feelings which go with that scene.

This may seem overwhelming, but really, it’s not difficult to visualize, and the more you practice, the easier it will be to create this experience of imagery.

You’ll also become more focused on how you want your world to be.

Present Tense, First Person

It’s important to remember that you must visualize these images as though they are already present in YOUR life.

If you visualize them as being some part of your future, that is regrettably where they’re going to stay – in the future.

Also keep in mind that if you try and manifest outcomes for anyone else – it won’t work. You can only manifest for yourself.

The right way to picture these images is in YOUR present, as though they already existed NOW.

To make this more real, you should try visualizing a goal or outcome that you want to create, and also involve the senses of hearing, smell, and touch.

Using the other senses are more difficult for most people than simply creating a visual mental image, but it can be done.

You might also know that visualization with the intention of manifestation is best done when you're in a relaxed state of mind.

Find a private place, where your attention is not distracted, and where you can relax without distraction while you focus on your objectives.

The Secrets Of Successful Visualization

Posture

Sit down, close your eyes, relax each part of your body in turn as you take several deep breaths, and count slowly down from 20 to 1.

When you're calm, relaxed and centered, start visualizing your desired outcomes in the way I described above.

Points To Keep In Mind

Self-hypnosis is a very good way of creating a mental state where you can change limiting beliefs.

It involves deep relaxation and makes the critical filters of the conscious mind switch off - these might otherwise tell you that you won't or can't succeed.

But of course if you're visualizing, you can't use self hypnosis because you need to picture the image of what you're trying to manifest.

So you can get around that by making sure that you have a private place and a quiet time twice a day, and physically relaxing your whole body so that you descend into a more relaxed state where your conscious mind is less likely to be critical.

You know - that's the part of you which comes up with plenty of reasons why things can't change or why you won't succeed, or why there just isn't any point in trying..... the critical part of your conscious mind.

But if you give your conscious mind the job of creating and focusing on your visualization, the critical art of it will be suppressed, and it'll be easier to get the message about manifestation through to your subconscious.

Another good way to do this is to visualize something for a few minutes before you go to sleep at night, because it seems that the subconscious mind continues to focus on that objective throughout the night.

Energize With Emotion

As I said before, the more emotion you can feel while visualizing, the better – this definitely drives the process of manifestation.

One friend uses emotional music that “gives him goosebumps” – and he says that he imagines stirring music playing for his moment of glory, his successful manifestation!

Another useful trick is to see the final scene of your visualized image from a different perspective.

In other words, not just to see it “through your own eyes”, but also to look upon it as though you were *watching yourself* achieving and enjoying the successful changes that you're trying to manifest.

And to the extent that you can reinforce those images in the real world around you – so much the better.

So try having a vision board full of photos and pictures which reflect the mental imagery you're creating, constantly reminding you of what you're trying to achieve.

(Warning: if you find yourself thinking “Oh, I'll never achieve that... it's all beyond me”, and the like, then take the vision board down and start using some stronger positive emotions in your visualization.)

To sum all of this up: certainly creative visualization – so-called because you are creating a mental vision of your future – is the easiest way to manifest anything.

And it isn't just a daydream. It's a process of literally bringing into being what you want to create. You do this by picturing your desires in your mind's eye as if they were already in your world.

That's what creates the thought forms which become physical reality.

Sure, it does require a degree of mental and visual discipline.

In other words, you have to keep your mind focused on the image of whatever it is you're trying to create.

Keep Things Positive

And you have to avoid negative thoughts – and to make that possible, you need to have complete belief in what you're doing.

Your image should be clear and exact, as precise as you can make it, so that the subconscious has a good blueprint to send out as a new "program" for the universe to manifest your desires.

The more intensely you energize this process with emotions and feelings, the quicker manifestation will happen.

Finally, manifestation tends to work better if your visualization is performed directly after or during meditation or in an altered state of consciousness – which you can generate using the methods described in Chapter 3.

And as you become more experienced, you can practice using your own techniques.

A popular trick to speed up manifestation seems to be to focus on your intended desire in a beam of energy before sending it out to the universe.

To do this, imagine the image of what you want to create concentrated in a point between your eyes, about an inch above your eyebrows (in the area some people call the third eye).

Then imagine a beam of white light coming down from the heavens above, entering your body, and passing out through that spot on your forehead, taking with it the focused and concentrated image of your desired objective, before releasing it into the universe for manifestation.

Steve Pavlina has an interesting take on visualization: he says that visualizing your future should be very much the same as remembering your past:

“Just as you would recall and mentally review what you did yesterday, that’s how you want to imagine your new reality. What are the highlights of your typical day, and how do you feel about them? Notice that emotional memories are much stronger than routine events. Such memories can draw the past back into your present, but they can also draw powerful future into your present if you create powerful new memories of the future.”

It can be a mistake to just visualize part of what you want – in other words, to see only one or two aspects of your new reality.

Another trap is to visualize only a part of that reality – perhaps a pile of cash in your hand, or a bank statement with numbers on it that represent your desired wealth.

Although that’s part of the answer, why don’t you visualize what you would actually be *doing* when you have that money?

This can be a much more powerful driving force for most people, since we tend to think of money as just a means to an end. So visualize the whole reality you wish to create in as much detail as possible.

Sure, you can focus on one area of your life at a time – such as personal relationships, but make sure the image is in line with what you’re trying to create in other areas of your life.

For example, you might be trying to create great wealth, in which case make sure that you are picturing yourself in balance and harmony, surrounded by good friends and in good relationships, living a life of prosperity and abundance.

You see, when you create a reality, you also need to visualize yourself as being a person who can live comfortably and happily within that new reality.

If you're trying to create a reality that is at odds with your personality, values, skills and talents, you can create difficulties and disruptions for yourself.

There's no point trying to summon up, for example, a relationship with a particular type of man or woman unless you are the type of man or woman that *they* would like to be with.

Do you see the point? Your visualization must center on a balanced image where everything is in harmony.

Since your visualization is always involved with outcomes which affect other people, you need to keep in mind that the images you create must be congruent with who you are and the qualities you exemplify.

For example, if you want to create prosperity and abundance, then it's probably going to be easier and more productive to achieve this if you're a person who is *worthy* of abundance.

This might mean being a particular type of person with a particular style of being in the world, perhaps creating value for others, rather than making the entire financial outcome about you and your own self interests.

This is, of course, the main reason why visualizing money for its own sake, may not be as useful or productive as finding a purpose in life which will fulfill you and then visualizing yourself fulfilling that purpose.

In essence, you want to visualize a total package where you can function to your fullest extent in the world, and attract kind of people who you want to be with.

Often people find that being in service to the world or the people in it is a better approach.

This may just mean offering your natural talents and abilities freely to the world – certainly that’s a good image to use during visualization. And it certainly matches the idea that prosperity isn’t just about money, but about social values and personal behavior as well.

One good way to focus your mind on the image of your new reality is to start by writing it down on paper, giving yourself an impression of what your life will be like when you’ve manifested your desires.

For example, if you want to manifest a particular type of person in your life, you could write down a detailed description of them – and this would be a good way to help yourself create an appropriate image when you’re visualizing.

A lot of people do find a vision board helpful – that’s an assembly of pictures or images which helps you imagine the entirety of your new life.

Another very helpful way of detailing the images you can use in visualization is by keeping a journal, in which you record your impressions, thoughts and feelings about what you want to create in your life.

You see, for many people, a copious level of detail about the situation they’re trying to create makes it easier to imagine it as real during visualization.

This is when everything in your imagery is real, not some kind of imaginary archetype or ideal figure – so if you find that imagining the minute details of a situation helps you create a realistic image during visualization, then go for it.

And remember always that the more you practice visualization, the richer and more vivid your visualizations will become.

And once they are vivid and detailed, you will find it much easier to summon up the intense emotion that drives the process of manifestation.

If you have some problems with visualization, then simply create the image of what you're trying to manifest in whatever sense is easiest and most real to you: for example, an auditory impression, or a kinesthetic impression (something based on the sensations of physical feeling), or on the emotional aspects of the situation.

Even if your images seem to be weak and incomplete, keep trying, because the brain responds to this sort of challenge by developing new skills.

And finally, here's a challenge for people who think they can't visualize at all: take a moment to imagine in great detail a scene in which you are slicing into a lemon, then imagine the cut half of the lemon, glistening as you pick it up, and finally imagine squeezing the juice into your mouth.

Do this with your eyes closed – I guarantee you'll find your mouth produces saliva to neutralize the acidity of the lemon juice. Except, of course, there is no lemon juice. Truly, it would seem our subconscious cannot tell the difference between imagination and reality.

And you thought you couldn't visualize..... yet this proves you can create an image in your mind which is strong enough to change your reality.

Chapter 10

The Emotional Fuel of Manifestation

I've written quite a bit in this e-book about the emotional power that drives manifestation.

It stands to reason, I think, that anything you do in life, whether physical or emotional, requires energy to drive the process.

It's no different with manifestation – even though you can't necessarily see what's happening as the universe goes about its mysterious ways to bring you what you want, there's still an energetic requirement to drive the process, to make things happen.

And that energy is supplied by you: it's the energy of visualization with emotion.

It's the energy you put into your process of visualization, of envisaging, of literally "seeing" in your mind's eye the future as you would like it to be.

For, make no mistake about it, no matter how intense your belief and your desire and your expectancy, the thing which really drives manifestation is the energetic fuel of emotion and feeling so intense it pervades every fiber of your being as you visualize your objective.

That's because it's YOUR energy which convinces the universe you're serious about what you want.

It's your energy which drives change in the unseen and unformed space of the universal intelligence, from where all manifestation takes place.

When you visualize there are several ways of generating the energy that will drive manifestation.

Feeling It Like It Is (Or Will Be In The Future You're Now Creating)

You've probably heard of a technique that a lot of people find successful: as you visualize the picture of your goal in your mind, you feel what it would be like to have your objective.

You feel the joy, the satisfaction, the happiness, the positive emotion associated with the acquisition of your goal of your objective.

You feel in every fiber of your being the transformation that you're making happen as though it was in your life already.

Now, you may be thinking, "How can I possibly feel the joy and the gratitude and the delight for something that hasn't yet appeared in my life?"

Well, that's a very good question, of course, but it's absolutely critical that you find a way of doing it.

Consider this: as you know, it's not hard to feel emotions about events that have taken place in the past.

Think for a moment of some significant event in your life – perhaps the birth of your first child, or your wedding day, your graduation day, or the day you first made love to your girlfriend or boyfriend.

Or perhaps a delightful experience in childhood – Christmas, maybe, or one of your birthdays.

I'm sure if you think back to some delightful event in your history you can recall and imagine the joy, satisfaction, happiness and gratitude you felt.

(Equally I am sure you can remember the emotions associated with negative events.)

You see, emotions are stored in the mind just as memories are, but we access them much less because our attention is usually directed to the

world around us now, to what is happening. In other words, we are mostly reacting to the things that are happening to us right now.

Even so, some experts on body memory say that every experience we have ever had, and the feelings associated with it, leave a residue or memory in the body.

Perhaps that is another reason why *the emotional memories* of the past are more remote from us than *the logical and visual memories* of the past.

But the fact of the matter is that even if we ignore the feelings associated with events in our history, they are inside us somewhere. The idea that feelings are limited to our experience in the here and now is an illusion.

They're not. You have visual and cognitive and emotional memories of every event that has taken place in your life that is

And this capacity of the mind to hold emotional memories, and for you to be able to imagine them and feel them right now, years later, also means you are capable of actually imagining and feeling the emotion associated with an image in your mind of how things might be in the future.

You know what it feels like to have a memory of happiness and gratitude and joy and delight. If you cast your mind back to some really significant and joyous event in your life, and stop to consider how you felt at the time, that becomes obvious.

So hopefully you'll also understand that you can equally well feel emotion around an image of your projected future.

To put this into practice, as you visualize the image of what you want to achieve in the future, you need to summon up an experience of positive emotion and allow that positive emotion to flow through your body, so it touches every part of your being.

The character of this emotion will be joy, happiness, gratitude and delight.

Some people find it particularly effective when they're in this joyous emotional state to project their feelings out into the world – imagining, perhaps, a beam of white light coming from their heart and spreading out into the universe around them, surrounding them and the desired objective they wish to manifest in physical form in the world today.

(In the chapter on special manifestation techniques, I've described some more techniques that can speed up the process of manifestation.)

This energetic connection with the universe can take various forms – but it is absolutely essential to creating a new and different reality.

By now you will see that manifestation and visualization are not just about picturing what you want to have in your life, or what you want to change.

They also involve feeling the energetic state you'll be in when those things manifest.

And if you still doubt that feeling this way is possible, just think for a moment what it would be like if you won several million dollars on the lottery.

Close your eyes and imagine this for a few moments.

Imagine what you would do with the money, imagine the changes you could bring about in your life. Imagine the happiness you could bring to other people as well as yourself. Imagine the joy and happiness that money can bring you and those around you. How it could allow you to fulfill your deepest objectives.

Or, if you find that difficult, then think of something personally significant to you that would give you great pleasure, and do the same exercise – simply close your eyes and imagine what it would be like to have, do or be like that right now.

How would you feel? What would be your predominant emotions?

This is a technique by which you can generate emotions and feelings as you visualize your objective.

Positive Or Negative Emotions?

Many people say you should always use positive emotions like gratitude when you visualize your future.

But you should know it's also possible to use anger and other strong negative emotions to fuel manifestation.

In the early days when I needed to manifest money, I very successfully changed my situation in life by feeling a lot of anger about the family background that left me with a real poverty consciousness.

It's a mistake to think that the universe responds to positive energy only. In fact, the universe responds to strong energy of any kind – as long as it is powerful enough, it will impact the physical form of reality manifesting in the world around you.

You may discover for yourself the incredible power of these negative emotions by simply experimenting with them, but I do want to offer you a word of caution: when you're at the level of mind necessary for successful visualization (the alpha level), you are susceptible to imprinting new patterns of thoughts, feelings and behavior.

Therefore, unless you can control the way you use negative emotions to probe fuel the process visualization, there's a danger you may reinforce habit patterns of anger, rage, resentment, fear and the like.

This is something you need to explore for yourself. This is something you need to gain experience with, so you can judge which is the most successful fuel for manifestation *for you*.

In general, as a beginner in the process of manifestation, it's better to summon up the intense positive energy of gratitude, joy, and delight as you imagine the world around you filled with the things you wish to manifest.

Chapter 11

Special Techniques To Supercharge Manifestation

One of the questions I get asked time and time is one of the simplest: why doesn't the Law of Attraction work for me?

After all, Rhonda Byrne's *The Secret* made it sound so easy.

There are a few reasons why things might not be working out for you.

Head and Heart

First of all, are you coming from your head or your heart?

Desires from the ego may lead to failure....

If you're coming from your head, thinking of the things that you might like to have in your life, then I'm wondering if perhaps you're being influenced by the world around you.... By what we are conditioned to "want" through adverts on TV and other ephemeral rubbish.

To what extent, in other words, are your desires guided by the cultural norm?

However, in my opinion, there's no reason you shouldn't try and manifest material goods and wealth. If you're serious about what you want, you will be successful.

The problem is that when you're coming from your head in this way – which means coming from your ego, or coming from a place where you're basically concerned with status or appearance or something materialistic in nature – you often don't have the energy to sustain the process of manifesting your desires.

Happiness or money – which would you prefer to manifest?

For one thing, the desires of the mind, the desires of the ego, can be distracted by the trivialities of everyday life that call upon us.

Imagine, then, how this compares with your soul purpose: if you're trying to manifest something which is essentially about the nature of "who you are" and "what your purpose on the planet is", I guess you can put a lot more energy into creating your reality.

That's because heart-driven objectives will provide you with more vital energy to sustain the process between coming up with the idea and manifesting in your life.

To put it simply: you just don't want it enough. Oh dear.

In addition, of course, heartfelt desires are not superficial, unlike the desires that we come up with from our minds in response to fads and fashions or what's seen as desirable in society at the moment.

On the other hand, there is a danger in listening to experts on the Law of Attraction who become too puritanical and claim that there's no point trying to manifest anything unless your objective is in line with your soul purpose.

That's just a viewpoint which goes to the opposite extreme and is no more helpful. Fact is: we are given the ability to manifest material goods, and many people use it successfully.

So If You Keep Your Energy Focused, Will Something Manifest More Quickly?

You'd certainly think so, wouldn't you, from reading so much of the Law of Attraction material which has been published recently?

I mean, almost every author speaks of the need to constantly focus on what you want, to provide your vision with emotional energy all the time.

Indeed some people will say that you need to become almost "obsessed" with your objectives.

However, there is another point of view. It's this: what about the idea that constantly obsessing about what you want will actually stop things manifesting for you?

Sidebar: At this point you may feel some frustration, because what I've written above is probably a minor representation of so much material on the Law of Attraction. One author says one thing, another says the opposite. Both say that their views are correct. Both swear their views are correct. Indeed, both say that you can't possibly manifest anything if you follow any advice but theirs. And clearly that's ridiculous. So where does the truth lie? The simplest explanation of this is that what you believe determines how successful you are with manifestation. So if you believe something is essential to the process of creating it, then it becomes so for you. Perhaps that's why authors who've had success with their own system of manifestation will so clearly and fervently affirm that theirs is the only way.

I agree that it's certainly possible that obsessing may get in the way of your desires manifesting.

But there are other explanations too; the simplest of them is this – there really are several different ways in which you can achieve success at manifestation.

Let Go Of Your Desires

Michael Mackintosh says that for him success comes when he does the opposite of trying to think about what he wants and believes he has. As he says:

“Ironically, every time amazing things happen in my life it is after I’ve done the following:

- 1 Got clear my heart’s true desires.*
- 2 Surrendered to the divine and felt so full inside myself that I must don’t need anything. He calls this receiving divine power and freedom.*
- 3 Let go of any desire to have the things I want completely.”*

In other words he is saying that the magic happens when he truly no longer wants the thing he was thinking about, because the universe then somehow brings it about for him. He calls it bizarre.

And indeed at first reading it does sound pretty strange. He says however, that on countless occasions, within one second up to 24-hours after letting go, amazing things have shown up for him.

To quote him again: *“This is a strange surprise because I have just given up wanting it completely and have no interest in it.”*

You’ll see that the key to this, the key to this method of achieving your goals, I mean, is letting go, surrendering, and feeling full before the desire has been attained.

Michael illustrates this more clearly by saying it’s one thing to imagine you have a nice car and feel good because you are daydreaming about it; and quite another to feel quite contented with your life now regardless of any cars or other circumstances.

In other words, his suggestion is that you need to just be content with the way things are now. It’s a form of surrender, of letting go, perhaps even of being open to the Highest Good for all concerned.

Michael calls this a secret, and if it's true, then it probably is a greater secret than any so-called secret in ***The Secret!***

To summarize again: you need to be willing to genuinely surrender and let go of your desire. Replace it with the knowledge that the universe can supply all your needs, all the time, and is ready to do so. (Indeed, it already has. All you have to do is ask for them.) And then open to whatever manifestation represents the highest good for all concerned.

But how do you let go?

Well, of course we are materialistic animals, and completely surrendering and releasing your desire for something is not so easy.

The question is, as Michael so rightly says, how can you want something with all your heart and yet not care whether or not you get it?

This is what people mean when they talk about releasing your desires.

One technique which I have seen repeated in several places is to imagine the scene of your desired manifestation inside a bubble and then to release it back into the universe, offering it up to God, and allowing yourself to relinquish the dream if it isn't for the highest good of all concerned. (It's probably a good idea to ask for something which IS for the highest good of all concerned.)

It's a highly evolved spiritual position, I think, where you can accept that the universe is ready to give you everything that you need, if you can completely surrender your desires.

It's summed up in an expression that you may well have heard in many different situations: **all you need is within you now**. That is a profound statement which is true on many levels.

Look At "The One Process"

Be patient and allow your desire (or something better) to occur. This is also known as "letting go". Again, thousands of books have been written

on “letting go’, and they tend to make it more complicated than it needs to be.

It is true that if you visualize something strongly and then stop thinking about it, that dream will come true in super-fast time.

It is also true that if you visualize something strongly and then worry about whether or not it will come true, or how it will come true, then the entire operation is probably wasted.

From: Michael Ellington’s book *Manifest Like The Rich: Hack Reality With Simple Money Magic* (page 50 Kindle Edition) – it describes **The One Process**.

Hold Your Peace and Attract More

Keep silent about what it is you want, because talking to other people about your hoped-for miracle creation certainly will dissipate the energy.

If you must talk to other people, do so only to those of like mind who understand the process of manifestation and share your desire for success.

Remember to maintain your belief in the way that’s most easy for you: the classic advice is to act and think about the miracles that you are creating as if you already have the results you desire.

And if you feel your intuition moving in a particular direction then follow it, because this may well be a signal from the universe about how you can make manifestation occur more easily.

And don’t be too serious: be light-hearted and joyous. After all, you are now a miracle worker!

Forgiveness and Dissolving Limiting Beliefs

This process can be used for clearing limiting beliefs. If it doesn’t work, use the techniques in Chapter 4.

- 1) Briefly close your eyes and imagine a beam of white light starting at the base of your spine, and then moving right up through your body and out of the top of your head so that it connects with the highest level of the universal energy above you.
- 2) When you feel connected, make an affirmation to yourself that you're going to release all limiting beliefs which may interfere with your manifestation, and assert that you are now as one with your higher self and the universal power around you.
- 3) Focus on your heart centre – the area around your heart, and imagine it lit up with white, golden, pink or green light – whichever colour represents unconditional love for you. Imagine this light streaming out of your heart, encompassing everything around you, all the people who might be involved in your manifestation, and the universe at large.
- 4) While your heart beams out this loving energy, state your limiting belief in the following way: "Even though I know that I am afraid of acquiring wealth and abundance, I deeply and completely love, our Christ right well you should give me more notice accept and forgive myself on every level both known and unknown."
- 5) Allow the coloured light, encompassing the energy of unconditional love, to flow through every part of your body, dissolving the issue which limits you and restoring the area where the limiting belief has been held to its full natural innocence and power.
- 6) Make sure that you feel loving compassion and acceptance for yourself for limiting yourself in whatever way you have been doing in the past.

This technique works very powerfully because it allows you to shift the energy held in your body.

The whole process should take no more than a minute, and you can run through one limiting belief after another very quickly.

- 7) You can also use the same technique if you have any identified any sub- personalities or parts of yourself which don't want to change.

You see, no matter how much YOU as an adult think you want to be rich and abundant, the reason you're not is because there's a powerful part of you – and very probably an innocent, young part of you – which is quite happy, and indeed probably feels quite safe, with the way things are right now.

You can use the same healing energy that you used to dissolve limiting beliefs to encompass and embrace those parts of yourself in your imagination, and to allow those parts to move forward to a better place – one which is governed by you, in your adult power, right here, right now.

After all, it's a fact that most limiting beliefs come from childhood, where we learn what we can and can't do, what's expected of us, what's acceptable and what isn't.

By encompassing the parts of ourselves which hold these limiting beliefs with the love which they never experienced during childhood, they can come to accept change and stop holding onto their fearful historical memories.

Please be compassionate towards yourself because all the parts of yourself which stop you getting what you want now only developed those behaviors because they were concerned about keeping you safe as a child.

Using Sexual Energy

One of the more esoteric techniques for manifestation is to use your sexual energy to empower the process of manifestation. If you're not attracted to this idea please stop reading right now!

But those of you who are still with me might like to know about the way in which you can use the energy of sexual arousal – and perhaps even orgasm – to propel your intended desires out into the universe.

This is a technique that requires great self-discipline and mastery, so it's not recommended for beginners.

Start by using some meditation and visualization techniques to imagine the energy channels around your body flowing freely.

Get yourself sexually aroused in whatever way you wish – either by manual stimulation by using a rousing material. You are going to aim for a situation where you're not going to get so aroused that you need to come to climax. But you are going to aim to build up as much sexual energy as you can, so the longer you can go on with this without reaching climax the better.

Let's say 10 minutes of high levels of arousal will produce enough sexual energy for you to use for the process of manifestation.

Now imagine your sexual energy moving up – classically as red energy – from the base of your spine, up through your spine, perhaps using your hands to aid the flow of that energy, until the sexual energy you've built up has filled each of your chakras and is rising into your brain.

Once you've completed that transition, imagine sexual energy moving back down the front of your body into your base chakra, and then surrender yourself to the flow of energy in that loop around your body.

You may feel some unusual sensations, perhaps feeling like electricity in your arms and legs - which is great; it means you're really getting the sense of the energy flowing through you.

Then, when the energy is at a peak, you can send it out into the universe as you visualize your intention riding the wave of that energy into the universal intelligence.

Teal Swan also has some ideas about how to use orgasm as a fuel for manifestation. <http://tealswan.com/articles/using-orgasm-to-manifest>